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007 style

Metro talks to longtime James Bond designer Lindy Hemming about the spy's smouldering look PAGE 27

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BLADES ... NO GLORY

Game on! NHL lockout or not, there's no benching Ottawa's beer-league players, who play for the fun and not the money. Above, members of the Wasted Knights wait for their turn on the ice during a game in Barrhaven. For more on the endurance of beer leagues in the absence of pro hockey, see pages 16-17. GRAHAM LANKTREE/METRO

What if we don't want to play?

Casino. Council gives OLG go-ahead to find proponent, even as worries surface about who has the strongest hand

ALEX BOUTILIER
alex.boutilier@metronews.ca

Ottawa is taking Ontario Lottery and Gaming at their word that they won't go over city hall's head on the location of a new casino.

In a council meeting Wednesday, Coun. Tim Tierney raised the spectre of an Ontario Municipal Board appeal should Ottawa reject a future casino proposal from OLG.

OLG has said repeatedly it won't force a casino on a community that doesn't want one.

By the numbers

19-5

Ottawa council voted 19-5 to express interest in hosting an expanded gambling operation in the city

But Mayor Jim Watson admitted to reporters there's nothing preventing the Crown corporation from appealing to the OMB should they disagree with council's decision.

"Yes, but I have no reason to doubt (OLG's word)," Watson said after the meeting.

"It was very clear that if we're an unwilling partner, we're not going to have a casino. If they come back with a proposal that doesn't meet our criteria ... then obviously most members of council will vote against it, myself included."

What Ottawa's criteria are, however, depends on which councillor you speak to. A number of councillors, including Scott Moffatt (Rideau-Goulbourn) and Doug Thompson (Osgoode), have lined up behind Rideau Carleton Raceway.

Others, such as Diane Deans (Gloucester-Southgate) urged council to prohibit casinos in the downtown or in heritage areas.

When asked if OLG would rule out taking matters to the OMB in the event of a dispute, spokesman Tony Bitonti reiterated that the Crown corporation wants to work with the municipality.

"They'll have a good debate about this, because (the proponent) wants to make sure that they are getting the best business proposal," Bitonti said.

"In the end, that stuff won't be needed."

FOR MORE, SEE PAGE 3.

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Baby boy

Woman gives birth in prison: Report

A prisoner gave birth to a baby boy one month early inside a segregation cell at the Ottawa-Carleton Detention Centre on Sept. 29, according to CBC News.

Julie Bilotta, 29, claimed prison guards ignored her cries for help before she went into labour and then moved her from a shared cell to a segregated cell.

The Ministry of Community Safety and Correctional Services is reportedly investigating the incident. The ministry could not be reached for comment by publication time. METRO

Defence

Injured soldiers still face payout problems, vets say

Problems in payouts remain for injured soldiers, according to veterans.

Veterans injured in Afghanistan will return home to find more money in their pockets, the federal government announced Wednesday. Yet problems with pension payments still exist, veterans say.

Some 2,100 veterans will see the government stop clawbacks from Earnings Loss Benefits payouts to the tune of $177.7 million over five years, said parliamentary Secretary to the Minister of Veterans Affairs Eve Adams.

An end to the clawbacks is part of a ruling by the Federal Court after 4,500 veterans filed a class action lawsuit against the Department of National Defence in March 2007. But veterans and the Royal Canadian Legion say the feds must still address problems with lump sum payments and adjusting pensions to deal with inflation. METRO

A dealer stacks chips at Hollywood Slots on March 16 in Bangor, Maine. In Ontario, the OLG is "pleased" councillors have signalled interest in an expanded gambling facility in Ottawa. ROBERT F. BUKATY/THE ASSOCIATED PRESS

Letting the chips fall into place

Going ahead. Officials greenlight OLG casino process despite voicing concerns they lack information on economic, social impacts

Ontario Lottery and Gaming is "pleased" councillors have signalled interest in an expanded gambling facility in Ottawa.

After a lively debate Wednesday, Ottawa councillors voted 19-5 to give OLG the green light to put out a call for proponents to operate a casino.

OLG spokesman Tony Bitonti said the Crown corporation expects to issue a request for pre-qualification in the bidding process soon.

"That one will say to interested people, interested companies 'prove to us that you have the qualifications that you can run a gaming site,'" Bitonti said.

"Once we have that list of folks, then we will issue the request for proposals (RFPs) and that's when the official bids can begin to be tendered."

Bitonti couldn't say when exactly the RFPs will go out, but said he expects them this winter.

From there, OLG will narrow the search down to a shortlist and eventually pick a preferred proponent. The short list — and the varying proposals for locations — will not be made public.

"It's not common practice in a RFP to sort of have a contest amongst three or four (proponents)," Mayor Jim Watson said after Wednesday's vote. "You pick the winning bid, you come to us, (and) if we're not happy with that winning bid we vote it down."

Several councillors, however, expressed mistrust in OLG's process. Coun. Doug Thompson, a backer of expanded gambling at Rideau Carleton Raceway, said not being able to see the different options is neither fair nor transparent. ALEX BOUTILIER/METRO

Casino Reports

City staff have been asked to prepare two reports — one on the economic impacts of a new casino, another on the public health impacts of expanded gambling in the city — for council.

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Council's OK of Lansdowne project clears way for CFL's return in 2014

Stadium makeover. Team to get selections from 2013 Canadian draft, as well as expansion draft to be held in December 2013

The city voted 21-3 in favour of the plan to refurbish Frank Clair Stadium Wednesday with hopes of a new CFL team taking the field in 2014. GRAHAM LANKTREE /METRO

The CFL moved closer to returning to the nation's capital Wednesday after Ottawa city council voted to proceed with plans to redevelop Lansdowne Park.

The city voted 21-3 in favour of the plan to refurbish Frank Clair Stadium and add new retail and residential developments to the park.

"Today's positive City of Ottawa council vote means a beautiful new stadium and, as early as 2014, a proud new franchise that will make its community proud and our league even stronger," CFL commissioner Mark Cohon said in a statement.

"This is a great day for our league and, for all of us who understand it's important place in the culture of Canada, a great day for our country."

The league said that as long as stadium construction remains on schedule, Ottawa will be eligible to select four underclassmen from the NCAA in the 2013 CFL Canadian draft, while an expansion draft will be held in December 2013.

Ottawa will be eligible to have a representative join the league's board of governors and fully participate in the CFL Canadian draft in 2014.

The CFL has a long history in Ottawa.

The Rough Riders played in the league from 1958 to 1996, and the Renegades called Ottawa home from 2002 to 2006.

THE CANADIAN PRESS

The vote

21-3

City council voted 21-3 in favour of refurbishing Frank Clair Stadium and adding new retail and residential developments.

Excited for a new team?

"I don't play football and (am not) very interested in a new team. I remember I went out once to a Renegades game when I was 10."

Jordan Teradan

"I'd like to see a CFL team come back. I didn't want to see the 67's arena torn down and condos go up. A team builds community spirit.... I'm not a football fan, but if they keep the prices low I might go. You can't go to hockey. It's too expensive and too far away."

Beverley Melynick, High school gym teacher

Francophones better off than others: New report

A new report breaks a myth that Francophones are struggling in Canada, said Mario Lefebvre, director of the Centre for Municipal Studies at the Conference Board of Canada. GRAHAM LANKTREE/METRO

Canadian francophones outside Quebec have lower unemployment rates, higher salaries and generated $130 billion in economic activity in 2006, a new Conference Board of Canada report says.

"It breaks a myth that I've heard for 20 years that francophones outside Quebec are struggling in the labour market," said Mario Lefebvre, director of the Centre for Municipal Studies at the Conference Board of Canada.

The success of francophones is largely due to the fact they are hard to find in other provinces, he said. "In communities with a limited number of French speakers, you're a scarce resource. If you're a limited resource, you will be welcome wherever you go."

Scarce resources command a premium, he added. According to the data, in Ontario French-speaking workers have an average income of $41,045 where the average worker makes $39,386. In B.C. francophones take home $38,883 compared to the average of $34,978. The biggest difference appeared in Nunavut, where the report said Francophone workers get nearly double the average salary of $37,997 at $60,142.

The unemployment rate for francophones is also lower across the board, boasting a 4.8 per cent rate in B.C. compared to the average of six per cent. Other provinces sport similar numbers.

The report also shows 19.5 per cent of Canada's GDP has origins among francophones along with 22 per cent of Canadian employment.

GRAHAM LANKTREE/METRO

CHARTER RIGHTS ARE FOR EVERYONE

Open letter to the people of Ontario

Teachers, education workers, support staff, and education professionals work with students every day to prepare them to be active participants in our democratic society. We teach children to be respectful and we work to ensure that each one reaches his or her potential, understanding what it means to be a good citizen.

In September, the Ontario Liberal government, supported by the Progressive Conservative Party, passed Bill 115. This legislation is an unprecedented attack on free collective bargaining rights. Collective bargaining gives employees a voice in determining their wages and working conditions, and has, historically, set the stage for the benefits we all now enjoy, such as health care and CPP.

Bill 115 undermines the guarantees made to all Canadians under the Charter of Rights and Freedoms. And even though it affects the education sector today, it sets a dangerous precedent for all Ontarians in the future. In fact, the government is already threatening other public sector workers.

Those of us who have signed this letter understand that the most important lesson we can teach our children is that standing up for what is right is important; defending our democratic rights is critical. We the undersigned are opposed to this legislation and any that denies people their fundamental rights.

Sam Hammond, President, Elementary Teachers' Federation of Ontario
Fred Hahn, President, Canadian Union of Public Employees, Ontario
Warren (Smokey) Thomas, President, Ontario Public Services Employees' Union
Ken Coran, President, Ontario Secondary School Teachers' Federation
ACTRA National
Constance Adamson, President, Ontario Confederation of University Faculty Associations
Gilles Arsenault, President, Prince Edward Island Teachers' Federation
Chris Aylward, National Executive Vice-President, Public Service Alliance of Canada
Judy Bates, Geography Dept., Sir Wilfrid Laurier University
Robyn Benson, President, Public Service Alliance of Canada
Suzanne Bourgeois, President, Association des enseignantes et des enseignants francophones du Nouveau-Brunswick
Ed Broadbent, Founder, Broadbent Institute
Brian E. Brown, President, University of Windsor Faculty Association
John Cartwright, President, Toronto & York Region Labour Council
James Clancy, President, National Union of Public and General Employees
Lily Cole, President, Newfoundland & Labrador Teachers' Association
James Compton, Faculty of Information & Media Studies, Western University
Sharon de Sousa, Regional Executive Vice-President, Public Service Alliance of Canada
Nathalie Des Rosiers, Canadian Civil Liberties Association
Johanne Drolet, Canadian Association of Labour Lawyers
Wayne Fraser, President, United Steelworkers, District 6
Ken Georgetti, President, Canadian Labour Congress
Richard Goldfinch, President, Quebec Provincial Association of Teachers
Alan Hall, Labour Studies Dept., University of Windsor
Linda Haslam-Stroud, President, Ontario Nurses' Association
Carol Henderson, President, Alberta Teachers' Association
Todd Horton, Schulich School of Education, Nipissing University
Leslie Jermyn, Anthropology Dept., York University
Colin Keess, President, Saskatchewan Teachers' Federation
Sarah Jayne King, Ontario Chairperson, Canadian Federation of Students
Naomi Klein, Author
Glenna Knutson, President, Lakehead University Faculty Association
Kirsten Kozolanka, School of Journalism & Communication, Carleton University
Susan Lambert, President, British Columbia Teachers' Federation
Robin Langill, President, Nunavut Teachers' Association
Kate Lawson, English Dept, University of Waterloo
Ken Lewenza, President, Canadian Auto Workers
Hugh Mackenzie, Economist
Katherine Mackwood, President, Yukon Teachers' Association
Mark McKinnon, President, Ontario Professional Firefighters Association
Linda McQuaig, Author
Natalie Mehra, Executive Director, Ontario Health Coalition
Gayta Meredith, President, Northwest Territories Teachers' Association
Shelley Morse, President, Nova Scotia Teachers Union
Winnie Ng, CAW Sam Gindin Chair in Social Justice & Democracy, Ryerson University
Sheila Olan-MacLean, Chair, Ontario Coalition for Better Child Care
Paul Olson, President, Manitoba Teachers' Society
Tom Puk, Ecological Education Dept., Lakehead University
Judy Rebick, Writer, Founder rabble.ca
Linda Rose-Krasnor, Psychology Dept., Brock University
Mark Rosenfeld, Executive Director, Ontario Confederation of University Faculty Associations
Christian Rouillard, School of Political Studies, University of Ottawa
Sid Ryan, President, Ontario Federation of Labour
Anver Saloojee, Politics & Public Administration Dept., Ryerson University
Erika Shaker, Director, Canadian Centre for Policy Alternatives
Rodney Sheppard, President, Society of Energy Professionals
Myer Siemiatycki, Jack Layton Chair, Ryerson University
Heather Smith, President, New Brunswick Teachers' Association
Penni Stewart, Sociology Dept., York University
Sharleen Stewart, President, Service Employees International Union
Paul Taillefer, President, Canadian Teachers' Federation
James L. Turk, Executive Director, Canadian Association of University Teachers
Joel Westheimer, Faculty of Education, University of Ottawa
Sue Wurtele, Geography Dept., Trent University
Paul G. Young, Biology Dept., Queen's University

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Prior run-in before sword killing: Crown

Dominic Doyon murder trial. Accused held a knife to victim's throat a month before murder, court hears

JOE LOFARO
joe.lofaro@metronews.ca

A man accused of murdering Dominic Doyon with a sword on May 5, 2009, in a Lowertown apartment held a knife to the victim's throat a month before, the court heard Wednesday.

Doyon's alleged killer, Toby Land, is on a jury trial for second-degree murder.

The Crown's theory is that Land struck Doyon with a hammer and a sword.

Doyon's former girlfriend, who was 15-years-old at the time of the killing, testified in French through an interpreter. Her identity is protected by a publication ban.

She told the court about her romantic relationship with Doyon, who was 31 at the time, and how Land didn't approve of them being together because of the difference in age.

She said she met Doyon in December 2008.

On April 1 the following year, she described an altercation in Doyon's apartment in which Land was angry and had a "screwed up face."

Then Land held a knife to Doyon's throat and said, "If you ever date a 14- or 15-year-old again, I'll kill you," she recalled. Doyon retaliated by pushing Land against a wall for about two seconds, she said.

She didn't recall what happened after that because she left the apartment to go home, not wanting to see violence. She called the apartment twice after the incident, but couldn't reach Doyon. But she said she returned to the apartment almost every day after the incident.

She returns to court Friday.

Breast cancer

'Boob Camp' fundraiser

The Canadian Cancer Society, with local residents, will hold a boot-camp-style benefit event at the Super-Dome at Ben Franklin Park. Call (613) 723-1744 ext. 3610 to register. METRO

Suicide

Saunders Farm charity event

Saunders Farm will hold a mental-health charity benefit on Friday in memory of its former staffer, Jamie Hubley, who took his own life after suffering depression and bullying. METRO

Helping Ontario youth through art

Stacey Lauridsen, assistant director of community services for Youth Services Bureau, left, Audrey Churgin of Multicultural Arts for Schools and Communities and poet Mehdi Hamdad are seen at Youth Services Bureau's Waller Street drop-in centre. The trio were on hand for an announcement that the bureau is receiving $199,000 from the Ontario Trillium Foundation. The money will go to an artistic program that brings "street-involved" and homeless youth together with artists over the next three years in a series of arts workshops. Churgin and Hamdad said the program helps young people learn to express themselves and re-engage with people and services who can help. "For the youth it's not only very cathartic, exploring the arts, its very self-esteem-building," said Lauridsen.

SEAN MCKIBBON/METRO

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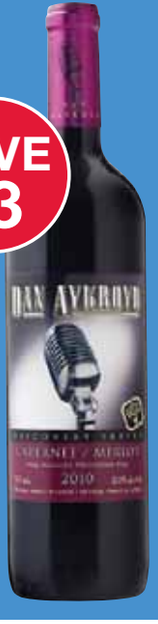

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Naval officer pleads guilty to espionage charges

Halifax. Sub-Lt. Jeffrey Paul Delisle was charged with passing military secrets to Russians

A navy intelligence officer from Halifax pleaded guilty Wednesday to espionage charges.

Defence lawyer Mike Taylor told a provincial court judge in Halifax that Sub-Lt. Jeffrey Paul Delisle was pleading guilty to the three charges he faced and was giving up his right to a trial.

Delisle was charged with breach of trust and two charges of passing information to a foreign entity that could harm Canada's interests.

Two days have been scheduled for sentencing starting on Jan. 10. A preliminary hearing was scheduled to begin in his trial on Wednesday.

The 41-year-old was denied bail in March and has been in custody at the Central Nova Scotia Correctional Facility in Halifax since January.

The case against Delisle marked the first time someone had been charged under the Security of Information Act, and his guilty plea is the first conviction under the federal law.

The act was passed by the House of Commons after the Sept. 11, 2001, terrorist attacks.

A broad publication ban has been imposed on hearings in the case so far.

Delisle joined the navy as a reservist in 1996, became a member of the regular forces in 2001 and was promoted to an officer rank in 2008.

THE CANADIAN PRESS

Sub-Lt. Jeffrey Paul Delisle leaves provincial court in Halifax on Wednesday.
ANDREW VAUGHAN/THE CANADIAN PRESS

Chamber of Commerce

Finalists revealed for 2012 Ottawa Business Achievement awards

Entrepreneur John Kelly and Costco's Louise Wendling were named Ottawa's top businesspeople by the Ottawa Chamber of Commerce Wednesday.

As head of Costco Canada, Wendling oversees a retail chain that rings up $15 billion in annual sales across its 82 stores.

Kelly will receive a lifetime achievement award for his work as a serial entrepreneur who helped found local tech successes such as SHL Systemhouse Ltd., and served as CEO of JetForm Corp., along with many other firms.

Kelly and Wendling are to be honoured at the Ottawa Business Achievement Awards gala, Nov. 15 at the Westin Hotel.

METRO

Battling illness

Former CTV anchor Max Keeping diagnosed with rectal cancer

Former CTV anchor Max Keeping is battling cancer for a second time.

Keeping told the network he had been diagnosed with rectal cancer in July.

"We don't talk death anymore.

"We talk about surviving, and, yes, I intend to survive," Keeping told CTV.

"Any day that starts with waking up is a good day to dance.

"This is the only day that God has guaranteed us, so use it to its utmost and that's the attitude I'll take into the OR on Monday morning," Keeping added.

Keeping was diagnosed with prostate cancer in 2003.

ALEX BOUTILIER/METRO

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Stiffer new air-quality regs coming

Federal and provincial environment ministers are poised to announce a new deal to better control industrial air pollution, The Canadian Press has learned.

Officials from both levels have agreed in principle to the air-quality deal, which ministers will formalize Thursday in Banff, barring any last-minute objections, sources say.

The deal would see the governments agree to higher standards on air quality, at first targeting fine particulate matter and ground-level ozone, say the sources, speaking on condition of anonymity.

Then they'll move on limits on nitrogen oxides, sulphur dioxide and volatile organic compounds.

The new air-quality-management system will specifically target industrial pollutants, sources say.

THE CANADIAN PRESS

New terms. Kremlin won't rubberstamp nuke deal

Russia said Wednesday it had no intention to automatically extend a 20-year-old deal with the United States helping secure the nation's nuclear stockpiles, a move that comes amid a growing isolationist streak in Kremlin policy.

Under the 1992 program, the U.S. has provided billions of dollars in equipment and know-how to help Russia and its ex-Soviet neighbours deal with Soviet nuclear legacy.

The Russian Foreign Ministry said Wednesday that it wouldn't accept a U.S. offer to extend the deal that expires in 2013 without a major overhaul. THE ASSOCIATED PRESS

Protesters. Four arrested at Swedish nuclear plant

Swedish police arrested four activists Wednesday who had spent 28 hours hiding on the grounds of a nuclear power station near Stockholm. Greenpeace said two other protesters left on their own after hiding at another plant.

Power officials said the activists were in the outer perimeters of the power stations and posed no security threat. The campaigners say they were trying to highlight poor safety at Swedish nuclear sites.

The four were among 20 people who forced their way into the Ringhals reactor site on Tuesday morning.

THE ASSOCIATED PRESS

Four British scientists survey ice levels from above in Antarctica in 2003. DAVID VAUGHAN/THE ASSOCIATED PRESS FILE

Ice levels on the rise in Antarctica

Unlike the arctic. Climate-change skeptics say scientists have ignored data for political reasons

Quoted

"It sounds counterintuitive, but the Antarctic is part of the warming, as well."

Ted Scambos, researcher with the National Snow and Ice Data Center in Colorado
explaining why climate change means more ice in Antarctica

The ice in Antarctica goes on seemingly forever in a white pancake-flat landscape, stretching farther than ever before. And yet in this confounding region of the world, that spreading ice may be a cockeyed signal of man-made climate change, scientists say.

While the North Pole has been losing sea ice over the years, the water nearest the South Pole has been gaining it. Antarctic sea ice hit a record 19.45 million square kilometres in September. That happened just days after reports of the biggest loss of Arctic sea ice on record.

Climate-change skeptics have seized on the Antarctic ice to argue that the globe isn't warming, and that scientists are ignoring the southern continent because it's not convenient. But scientists say the skeptics are misinterpreting what's happening and why.

Shifts in wind patterns and the giant ozone hole over the Antarctic this time of year — both related to human activity — are probably behind the increase in ice, experts say. This subtle growth in winter sea ice since scientists began measuring it in 1979 was initially surprising, they say, but makes sense the more it's studied.

Ted Scambos of the National Snow and Ice Data Center in Colorado adds: "It sounds counterintuitive, but the Antarctic is part of the warming, as well."

Sea ice is always melting near one pole while growing around the other. But the overall trend, year to year, is dramatically less ice in the Arctic and slightly more in the Antarctic.

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N.Y.C. homeless crisis worsens

Emergency. New York is required by law to provide shelter to every person who seeks it

With a grand entryway of ornate white stonework, the elegant building seems to blend right into this Manhattan neighbourhood of multimillion-dollar brownstones. It's the crowd of people who loiter on the stoop at all hours — under the constant eye of a surveillance camera — that gives it away as a homeless shelter.

Faced with unprecedented overcrowding in New York City's homeless shelters, Mayor Michael Bloomberg has cut through the bureaucracy to open up new shelters across the city, pushing some into wealthy areas where residents fear their new neighbours will bring in crime and drugs.

"It sort of felt almost like a bomb landing," said Gwynne Rivers, a mother of three who lives near a new shelter for homeless adults on the city's Upper West Side. "We just have lots of concerns about safety."

Bloomberg has opened 10 new homeless shelters in recent months in response to the escalating crisis. A recent census report found the city harbours a disproportionate 14 per cent of the nation's homeless, with Los Angeles a distant second at 3 per cent.

The crisis stems from a lack of affordable housing and the city's ever-growing gap between the rich and the poor, one of the widest in the U.S. and comparable to that found in sub-Saharan Africa.

THE ASSOCIATED PRESS

Nightly effort

46,000

At last count, more than 46,000 people sought shelter every night in New York, the highest number ever recorded.

A recently opened homeless shelter on 95th Street is viewed from behind a fenced playground last month. Neighbours are in turmoil, saying they were blindsided by the suddenness of the shelter's opening. BEBETO MATTHEWS/THE ASSOCIATED PRESS

Ontario legislature

Conservative MPPs sponsor pro-life news event

Ontario's Liberal government accused the Progressive Conservatives Wednesday of trying to reopen the abortion debate after three MPPs sponsored a news conference at the legislature to stop public funding of the controversial procedure.

It only takes one MPP to sponsor an event in the legislature's media studio, so having Conservatives John O'Toole, Randy Hillier and Rick Nicholls all sponsor an announcement by Campaign Life was a clear attempt to reopen the abortion debate, said Laurel Broten, the minister responsible for women's issues.

"We have seen Prime Minister (Stephen) Harper distance himself from the issue but at the same time allow backbench MPs to drive an agenda forward," Broten told reporters.

THE CANADIAN PRESS

Media studies

Now, we bring you more bad news ... about the news

It's said that no news is good news. But what's the effect of bad news in the media?

For women, exposure to negative news stories may make them more reactive to subsequent stressful situations, according to a study published Wednesday in the journal PLoS One, which did not see that same response in men.

Researchers also found that women had a better recollection of information learned from those so-called bad news stories. It's difficult to avoid the news, considering the multitude of news sources out there.

"And what if all that news was bad for us? It certainly looks like that could be the case," said lead author Marie-France Marin, a PhD candidate in neuroscience at the University of Montreal. THE CANADIAN PRESS

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Hair, tooth. Man hopes two items will prove Diefenbaker was his dad

The winding saga of a Toronto man's quest to prove former prime minister John Diefenbaker was his father seemed headed for the home stretch Wednesday.

An excited George Dryden said he has found a company that can do DNA tests on hairs that belonged to Diefenbaker, even though they no longer have the roots.

In addition, the museum in Saskatchewan that has the hair has also found a DNA report done on a tooth believed to have belonged to the former prime minister.

Apparently the tooth was destroyed, but the DNA report has now turned up.

"We've got two irons in the fire," said Dryden, 43.

THE CANADIAN PRESS

The man

Businessman George Dryden bears a strong resemblance to John Diefenbaker.

- **Life.** Dryden claims his mom, Mary Lou Dryden, had an affair with Diefenbaker in the 1960s.
- **Death.** Diefenbaker, always believed to have been childless, died in 1979.

Probation problem?

Anti-Muslim film man faces hearing

The man behind an anti-Muslim film that sparked violence in the Middle East denied Wednesday he violated his probation from a 2010 bank-fraud conviction.

A judge in Los Angeles scheduled an evidentiary hearing on Nov. 9 for Mark Basseley Youssef.

Youssef, 55, went into hiding when violence erupted in Egypt on Sept. 11.

The film depicts Mohammad as a religious fraud, womanizer and pedophile. The violence sparked by the film killed dozens.

THE ASSOCIATED PRESS

One free, two face Siberia: Pussy Riot court shocker

She's free, her comrades are not so lucky: Pussy Riot member Yekaterina Samutsevich leaves a Moscow court surrounded by bailiffs on Wednesday.

YURI TUTOV/THE ASSOCIATED PRESS

World activists stunned. Punk band member walks from court on a technicality — her comrades head to a penal colony

One jailed member of the punk band Pussy Riot unexpectedly walked free from a Moscow court Wednesday.

But her two jailed comrades now head toward a harsh punishment — a penal colony, possibly in Siberia.

Nevertheless, the pair squealed with joy and hugged Yekaterina Samutsevich before she was led from the courtroom to be mobbed by friends and journalists waiting outside on the street.

All three women got two-year sentences in August after they performed a "punk prayer" in Moscow's main cathedral.

Dressed in neon-coloured dresses and tights, they asked the Virgin Mary to save Russia from President Vladimir Putin.

"If we unintentionally offended any believers with our actions, we express our apologies," said Samutsevich, who along with Maria Alekhina and Nadezhda Tolokonnikova spoke in court Wednesday from a glass cage known colloquially as the "aquarium."

"The idea of the protest was political, not religious,'' Samutsevich added.

She was freed on a technicality:

The Moscow City Court ruled her sentence should be suspended because she was thrown out of the cathedral by guards before she could remove her guitar from its case and thus did not take part in the performance.

THE ASSOCIATED PRESS

Quoted

"It is a very cold climate for human rights in Russia right now."

Suzanne Nossel, executive director, Amnesty International USA

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Long Stays

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Krystal Cancun — incl $1267 base + $172 taxes & fees
INCLUDES accom at a beachfront resort in the heart of Cancun's hotel zone. Departs Nov 13/ggv/ua.

Fort Lauderdale Long Stay Air + 21 Nights $1469
Hollywood Beach Resort Cruise Port — incl $1335 base + $134 taxes & fees
INCLUDES resort-style accom near Hollywood Beach. Departs Nov 6/ggv/ac.

Seasonal Vacations

New Orleans Halloween Air + 4 Nights $644
Holiday Inn Downtown Superdome — incl $516 base + $128 taxes & fees
INCLUDES downtown accom over Halloween. Departs Oct 28/ggv/ua. UPGRADE to 4-star Hilton Riverside for $13 per night. ADD ghosts and spirits walk for $26.

Prague Christmas Markets Air + 7 Nights $1314
Hotel Kavalir — incl $712 base + $602 taxes & fees
INCLUDES accom near the Novy Smichov shopping and entertainment centre. BONUS daily breakfast included. Departs Dec 3/ggv/ac. UPGRADE to 4-star Hotel Neruda for $26 per night.

USA

Orlando Family Special, Air + 7 Nights $429◊*
Champions World Resort — incl $298 base + $131 taxes & fees
INCLUDES airfare from Montreal and accom near theme parks. Price per person based on family of 4. Departs Oct 12/ggv/wg. ADD *Walt Disney World* Resort 4-Day *Magic Your Way* Base Ticket for $273/adult, $255/child (ages 3-9).

Las Vegas Air + 4 Nights $487
Imperial Palace — incl $359 base + $128 taxes & fees
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Miami Air + 3 Nights $499
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Ramada Plaza — incl $373 base + $126 taxes & fees
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Syrian plane forced to land in Turkey

Suspicion. Jet lands at Ankara airport as tensions between the neighbours mount

Turkish jets on Wednesday forced a Syrian passenger plane to land at Ankara airport on suspicion that it may be carrying weapons, officials and news reports said.

State-run TRT television said an Airbus A320 coming from Moscow was intercepted by F16 jets as it entered Turkish airspace and escorted to the capital's Esenboga Airport. The station said authorities grounded the plane on suspicion that it was carrying heavy weapons.

Foreign Ministry Spokesman Selcuk Unal confirmed that a Syrian plane was forced to land.

Turkish Chief of Staff Gen. Necdet Ozel, right, inspects troops along the border with Syria Tuesday.
THE ASSOCIATED PRESS

"We asked a Syrian civilian plane to land," he said in an email. "We are investigating."

Turkish Foreign Minister Ahmet Davutoglu, interviewed by Turkey's state-run TRT television in Athens, said that the plane was forced to land because of information that it may be carrying "certain equipment in breach of civil aviation rules."

Earlier Wednesday, Turkey's military chief vowed to respond with more force to any further shelling from Syria, keeping up the pressure on its southern neighbour a day after NATO said it stood ready to defend Turkey.

Gen. Necdet Ozel was inspecting troops who have been put on alert along the 910-kilometre border with Syria after a week of cross-border artillery and mortar exchanges escalated tensions between the neighbours, sparking fears of a wider regional conflict.

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Violence mars first Day of the Girl Child

'Collective sense of horror.' 14-year-old advocate of girls' right to education shot

JESSICA SMITH
Metro in Toronto

Oct. 11 was meant to be an international celebration of girls and their right to go to school — but the shooting of a 14-year-old girl who dared to demand an education in Pakistan has brought new urgency, and tragedy, to the cause.

The first-ever International Day of the Girl Child has been recognized by the United Nations for the first time, after years of diplomatic work spearheaded by Canadians and the charity Plan Canada and its Because I am a Girl initiative.

"The celebration is now mixed with our collective sense of horror, that a young 14-year-old girl who simply wanted to go to school has been gunned down," said Rosemary McCarney, president and CEO of Plan Canada. "It's a terrible moment in the world that this young crusader, who was doing exactly what every girl in Canada knows is her right, has been harmed."

A gunman shot Malala Yousafzai in the head and neck on a school bus in the Swat Valley Tuesday. The Taliban took credit for the attack, and promised to attack her again — because she is an outspoken advocate of girls' right to education.

Malala has spoken publicly and blogged with intelligence beyond her age since she was 11 years old. But her struggle for education is not unique.

"Malala is a 14-year-old who just wanted to go to school. She has joined 75 million other girls around the world who are not in school today," said McCarney. "In 2012, there's no excuse. There's no excuse for these girls not to be able to take their rightful place in schools around the world."

The International Day of the Girl Child celebrations will go on. Landmarks, including the CN Tower, Niagara Falls, pyramids in Egypt and iconic buildings around the world will be lit up in pink, and long-planned events — including a concert at Dundas Square in Toronto Thursday — will proceed, said McCarney.

It will be a celebration of Malala and all girls, she said.

"There are many other girls around the world — 75 million others — who aren't in school as well, for reasons of violence, because they've been married off, because they've been sold off into labour. For all kinds of reasons," she said.

"This is everyone's problem. Not just the problem of one family and one country. This is all of our issue."

WITH FILES FROM THE ASSOCIATED PRESS

Nine years in school

To mark the International Day of the Girl Child, Plan International launched the Because I am a Girl initiative and is calling for girls to get a minimum of nine years of quality education.

- Since 1999, girls have nearly achieved parity with boys in access to elementary-school education — and the worst inequalities now persist only in the poorest, most remote and rural pockets of the world, said McCarney.
- According to Plan, every year 10 million girls are forced or coerced into marriage, which often leads to girls leaving school early, as well as an increased likelihood of HIV-AIDS and chance of death during childbirth.

Women hold banners during a protest condemning the attack on schoolgirl Malala Yousafzai successfully removed a bullet Wednesday from the neck of the 14-year-old girl who was shot education for women, a government minister said. The banner on the bottom right reads,

MUHAMMED MUHEISEN/THE ASSOCIATED PRESS

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in Islamabad on Wednesday. Pakistani doctors by the Taliban for speaking out in support of "The Taliban is afraid of an unarmed girl."

What about the boys?
Research shows men benefit from embracing gender equality

Girls alone can't solve gender inequality — and the Because I am a Girl campaign is about them, too.

"It's fundamental that boys are a part of this," said Plan Canada CEO Rosemary McCarney. "We know that gender inequality doesn't work for boys either, who are forced into very stereotypical, macho, self-perpetuating images of their role in life, to protect and defend girls instead of championing girls' rights to be powerful."

Plan Canada's research found that men who stand up for gender equality can face difficulties in going against the prevailing norms in their countries and some worry about the lack of opportunities for boys as girls' rights increase, according a 2011 report on boys.

At the same time, Plan found boys and men who have embraced gender equality benefited from the better relations and freedom that come with letting go of traditional, confining definitions of masculinity.

One new program that teaches boys to be men in Canada is Game On, run in schools by the Big Brothers Big Sisters of Canada — and there is a big need for it, said BBBSC president Bruce MacDonald.

Malala Yousufzai was gunned down on Wednesday. TORSTAR NEWS SERVICE

Through physical activity and the leadership of young men, the program teaches smart and healthy eating and living, and instils respect for socio-economic, ethno-cultural and racial diversity, said MacDonald.

"There needs to be an emphasis on both genders and making sure all kids get the potential to succeed," he said.

JESSICA SMITH/METRO

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Soprano to hit high notes in space mission

A Starship Trooper. British singer Sarah Brightman poised to become first recording artist in space

Sarah Brightman, the world's biggest-selling soprano, says she has booked a trip to the International Space Station.

Brightman, who had a hit in 1978 with I Lost My Heart to a Starship Trooper, will become the first recording artist in space.

The British singer said Wednesday that after touring the world in 2013 for her new album, Dreamchaser, she will spend six months in Russia's Star City cosmonaut training centre.

Brightman, a UNESCO ambassador, said the trip would also serve as a way to promote the UN agency's message, in particular by encouraging women's education in the sciences and environmental awareness.

She hinted at the possibility of doing a promotional "space concert."

Brightman teamed up Space Adventures, a company that organizes trips for private space explorers.

The first leg of her world tour kicks off in Canada next January — and Brightman says there's a reason for that.

She told The Canadian Press it was one of the first countries that picked up on her when she started out as a solo recording artist.

"It's dear to my heart, and also my grandfather on my mother's side and my great-grandparents made the journey across to Saskatchewan and they lived there as farmers,'' she said in an interview from Moscow.

No date has been set for her space odyssey to the International Space Station, but Brightman said she's looking at between late 2014 and early 2015.

THE CANADIAN PRESS

Expensive flight

"Part of the cost will be coming from myself."

Singer Sarah Brightman talks about the cost of her flight to the international space station which some sources say will cost her $51 million

British singer Sarah Brightman

MIKHAIL METZEL/THE ASSOCIATED PRESS

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Taming of the Dragon. Canadarm snares cargo ship for space station

Canada's robotic arm on the International Space Station was put to work Wednesday when it grabbed a cargo ship that arrived at the orbiting space lab.

The unmanned capsule, built by California-based SpaceX, brought supplies to the space station — the first official shipment under a billion-dollar contract with NASA.

The SpaceX cargo ship, called Dragon, eased up to the orbiting lab, and station astronauts reached out with the Canadian robot arm and snared it.

Then they firmly latched it down.

"Looks like we've tamed the Dragon," reported space station commander Sunita Williams. "We're happy she's on board with us."

Williams thanked SpaceX and NASA for the delivery, especially the chocolate-vanilla swirl ice cream stashed in a freezer.

The linkup occurred 400 kilometres above the Pacific, just west of Baja California, 2 1/2 days after the Dragon's launch from Cape Canaveral, Fla.

"Nice flying," radioed NASA's Mission Control.

It's the second visit by a Dragon capsule to the orbiting lab.

The first was a test flight last spring.

The $1.6-billion contract between SpaceX and NASA calls for 12 shipments.

THE CANADIAN PRESS

Hotel murder

Charges upheld in deadly-buttocks-enlargement case

A Philadelphia woman known as "the Black Madam" performed deadly cosmetic surgery on a London dancer in an airport hotel room, then used Krazy Glue to close the wounds and fled when the client went into respiratory distress, witnesses testified Wednesday.

A judge upheld a third-degree murder charge against Padge Gordon after the woman's friend testified about getting silicone injections to enlarge their buttocks in February 2011.

Delaware County Medical Examiner Frederic Hellsaid told the court 20-year-old Claudia Aderotimi died of a pulmonary embolism.

Police believe Gordon has performed at least 14 cosmetic surgeries, moving locations and using different names to avoid detection.

THE ASSOCIATED PRESS

Primate castaway

Traps set after wayward monkey bites woman

Wildlife officials in Florida say the mystery monkey of Tampa Bay bit a woman during an unprovoked attack in St. Petersburg.

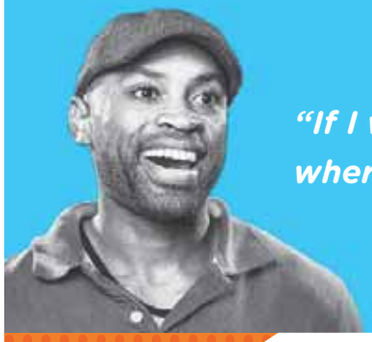
Florida Fish and Wildlife spokesman Gary Morse says the woman was sitting outside Tuesday when the monkey bit her on the back.

The Tampa Bay Times reports wildlife officials sent a trapper to the area.

The wild rhesus macaque has become famous in the Tampa Bay area. It has a Facebook page and has been featured on Comedy Central's Colbert Report. The elusive monkey has been spotted numerous times in the Tampa Bay area in recent years.

Officials have warned the public against feeding the monkey. Officials believe the monkey was cast out of a colony in Silver Springs near Ocala.

THE ASSOCIATED PRESS



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She's got the look

Top, Audrey Tannant of the Adult Safe Hockey League's Ice Queens has a beer in the dressing room following a night match last week at 8 Rinks in Burnaby, B.C.
JENNIFER GAUTHIER/FOR METRO

1 Cheap swill is just fine.

There is a reason it's not called a water league. Is there anything more satisfying than that first icy-cold (or even lukewarm) sip after a mid-week, midnight ice time? The best part is that it doesn't even have to be a decent beer. In fact, one might argue, the cheaper the better. After the hard-fought on-ice battle — the war — you've just gone through, even the cheapest swill is transformed into liquid gold.

2 Nuts to fashion.

So the socks don't match. Where am I, in a boardroom? At somebody else's boring wedding? If they have time to judge, they're not skating hard enough. And those aren't rips — they're speed holes, man. Watch me fly.

3 Street clothes – ahhhhhh!

The game is done. It's late and it's time to go home. As much as you'd like to wear your gear home, you're no longer eight years old. But on the plus side, when have your clothes ever felt as good? What happened while you were on the ice that transformed your tired threads into some sort of wonder cloth? Ahhhhh!
METRO IN VANCOUVER

Beer-league bonanza: Any time is hockey time

Sure, the NHL's regular season was supposed to start today. It may be on ice, but there's just no stopping the hordes of hockey-mad folks across the country so devoted to their local beer leagues they'll pay big bucks to play. They're drawn by the leagues' time-tested mix of camaraderie and competition — all topped off by the obligatory post-match drinks.

GRAHAM LANKTREE
graham.lanktree@metronews.ca

The players for the Ice Hogs, Wasted Knights and Sharks of the Barrhaven Men's Hockey Association may not have the same physiques, reflexes or fat paycheques of NHL players, but boy can these guys skate.

"I will sacrifice the body to make a defensive play," said ESL teacher Colin MacLean, who has played with the beer league for the past nine years. "I enjoy the physical contact, the competition. I can skate well, but my reflexes aren't what they used to be. I have to get smarter as a player because my speed won't sustain me."

MacLean hadn't stepped on the ice in years until the age of 35. "When I joined the league it was the first time I had played in full equipment since the age of 12," he said as he traded jabs and jokes with his teammates in the dressing room. "My family moved to Nigeria then. It's hard to play on sand. I enjoyed soccer and rugby, but hockey has always been my favourite sport."

With dozens of leagues in the city, good hockey isn't hard to find — you just won't see it on TV.

"I wanted to coach my kids and it was the lockout year in 2004," said James Owen, president of the BMHA.

"That's when I started playing again. We're middle-class guys with kids and have good jobs. In the league I run we're mostly high-tech or government workers. We're a peer group and then we're hockey players."

Owen says the league has grown swiftly since he started playing. "There are so many more people in Ottawa playing hockey now. There's more arenas and a larger population to draw from," he said, adding that there are 72 teams on the Carleton Adult Hockey League alone. Even in Owen's beer league, teams have their own logos, jerseys, carded refs and time keepers.

"We don't advertise because we're full," he said. "Some of the guys are saying we should build it up and make it even bigger."

There's also the beer. After a game on a Thursday night, the team heads over to the Broadway Bar & Grill off Strandherd Drive. "They have our table ready for us," said MacLean. "I walk around to the tables of other teams we like and respect. We develop good relationships.

"Last year we were in the playoffs. Now every Thursday night when I go out my daughter will ask me to bring home the trophy."

Colin MacLean, left, shares a joke with Ryan Pilgrim and goalie James Owen as they gear up for a game against the Wasted Knights. GRAHAM LANKTREE/METRO

Best beer leagues

There are more than a hundred small leagues in the city. Check out some of the best ones:

- Ottawa Senior Men's Hockey League
- Ottawa Travellers Hockey League
- Carleton Adult Hockey League

Online

For more, visit metronews.ca

Anyone can play

Whether you're new to Canada and have never laced up a pair of skates, or you're coming back to the game after a long hiatus, city programs are there to get you out on the ice.

Offered at more than 10 community centres with rinks around Ottawa, learn-to-skate and hockey programs are meant to encourage skills development. In the "Introduction to ice" course, adults learn to skate forward, stop and how to get up safely.

The beginner program teaches more advanced skills such as skating backward, one-foot gliding and quick stopping. There are also several classes that teach hockey — such as powerskating, scrub, stick handling and hockey development classes levels one and two.

These courses tackle crossovers, lateral skating, transitions and power plays; as well as penalty killings and offensive and defensive zone positioning in the advanced levels.

Classes for adults learning to skate range from $72.50 to $81.50 and last for two months. Hockey classes start at $167.75.
GRAHAM LANKTREE/METRO

Go big and go home. Up the ante with a kick-ass backyard rink

Competition among Ottawa backyard rink rats may be friendly, but it's undoubtedly high-calibre. Exhibit A: Barrhaven's Willie Klentz, who takes over two backyards, hosts a tournament and installs boards and painted bluelines.

But never fear — beginners can aim for something a bit more modest. Ottawa father of two Chris Foss says he started out with a small 10-by-10-foot rink, and this year will upgrade to a 12-by-24-foot model. Foss says he starts levelling out the ground in mid-November if needed, then constructs a wooden perimeter to which he can staple a tarp. He uses pressure-treated two-by-10-foot boards for the perimeter and deck brackets, and screws to join them together.

"Then it sits and we wait until it gets to be about -10 C. Then you flood it, but you have to go slow — only freeze about an inch at a time," he advises. Go any faster, he says, and it can lead to a frozen shell on the surface and water underneath.

Left, Chris Foss's sons Alexander, 3, and Brenden, 5, play on the 2011-12 edition of their Ottawa backyard rink. CHRIS FOSS Right, Barrhaven resident Willie Klentz shows off the elaborate rink he constructed on his backyard and that of his neighbours. MIKE CARROCETTO/FOR METRO

To do the flooding, he went to Home Depot and bought a hose that can withstand hot water; he runs it from a tap in his basement laundry room out a window to the rink.

Foss aims for about a five-inch-thick ice sheet, but says three inches is enough. It's usually ready a few days before Christmas, he says, adding that maintenance amounts to clearing off snow and the occasional re-flooding. He recommends an Ottawa invention, a miniature ice resurfacer available at rinkmakerpro.com, for an extra-smooth surface.
SEAN MCKIBBON/METRO IN OTTAWA

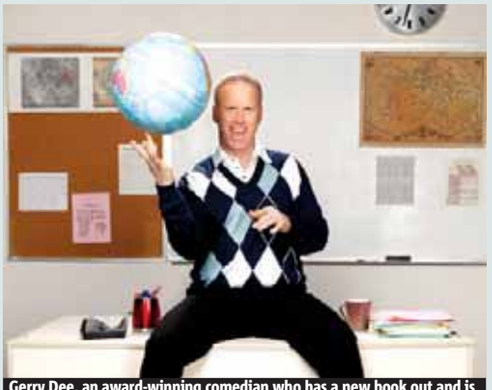
Why are we so passionate about hockey?

"It's who we are in our eyes and in the eyes of others around the world. Despite the rivalries between teams, hockey still manages to bring the people of this country together.... No other sport is as ingrained into the Canadian identity and Canadian history as is hockey."

Lori Dithurbide, assistant professor at Dalhousie University with a PhD in sport and exercise psychology

Rink rage

Mr. D's not just another pretty face in beer leagues



Gerry Dee, an award-winning comedian who has a new book out and is set to go on tour, says he avoids playing "risky" sports like beer-league hockey at least a month before filming. CONTRIBUTED

When NHLers get a black eye or a cut on their face, they don't have to explain it at work the next day. But it's a different story for beer-league hockey players like Gerry Dee.

Dee, an award-winning comedian and star of CBC Television's hit sitcom Mr. D, runs the risk of going on camera looking like he got into a bar fight every time he plays beer-league hockey.

"My job is my face, really — my face and my voice," says Dee after recalling some of the bumps and bruises he's racked up over the last decade.

It's bound to happen. When adrenaline's pumping in a rink chock full of men, injuries and minor scuffles tend to happen. Dee says one incident he recalls most was a fight with Metro's photo editor Dave Starrett a few years ago.

Tempers flared, a fight(or altercation, as Starrett stresses) ensued.

"I remember being able to pull his helmet around his face. And, it was funny, he was screaming, 'Not my face! Not my face!'" says Starrett. "I remember that more than anything else in this whole event."

Dee ended up rushing to an emergency dentistry clinic to fix a loose tooth that was "hanging by a thread" before going home with a swollen lip and all the less-than-subtle dental wiring.

"I had wires across my teeth, my lips were black and blue," he says. "It was the night before my wife and I were taking my daughter to Disney World."

But Dee says the thought of keeping his face intact for professional purposes never even crossed his mind at the time. Besides trying to save his tooth, nothing else matters when tempers are running high, he says.

"Your temper gets the best of you," he says. "Your instinct is to go back and fight. It depends on the situation, I guess. Now I've got a TV show — I can't have a busted jaw."

While Dee had time to heal on vacation after the incident with Starrett, he says he now takes more precautions and avoids any "risky" activities a month before he starts filming. But even if he did get a black eye, Dee says it's not something he'd try to hide.

"What am I going to do, put a patch on my eye? You can get a black eye from getting a puck in the face. It doesn't always mean it's a fight. It could be from a stick or puck," he says. "It's not the end of the world. It's Canada — we're used to it.... Most guys in this country have played beer-league hockey and have some sort of battle scar from a puck, a fist or a stick, or the boards, as I've had happen." PHOEBE HO/FOR METRO

Sacrificing Z's for late-night puck time

No NHLer pampering for pickup players

In Canada, ice time at local rinks is a prized possession. It's especially scarce for those who fall under the post-minor hockey umbrella.

Because of that reality, men's and women's pickup leagues — commonly referred to as "beer leagues" — tend to rent during less-desired time blocks.

Adam Couston, a 25-year-old from London, Ont., who signed up for two recreational leagues this winter, will step onto the ice twice a week at 11 p.m.

Sometimes he won't be home until 1 a.m., eliminating the possibility of a good night's sleep. When you tack on the obligatory wind-down period before being able to fall asleep, you're looking at long-term nap territory.

"The one summer I was working from 6 a.m. to 6 p.m., so I would be working a 12-hour shift after playing late the night before," Couston said, adding he's been guilty of sleeping through classes in the past. But work is different, he says: "You've gotta go."

In the end, a lack of sleep is merely the non-monetary price to pay.

JOHN MATISZ/METRO IN LONDON

Ottawa Senators' Jason Spezza
THE CANADIAN PRESS FILE

Ice time for all

$8M

How much beer-league hockey would the highest-paid Senator's salary buy? With fees running anywhere from $275 to $500, Jason Spezza's $8-million-a-year salary would buy 20,000 $400 memberships.

Net worth. Goalie makes the grade

In hockey circles, many say it's the hardest position.

Well, at least to fill with a body in a beer league.

"A big reason why I play in net is because I got the gear for free," says Trevor Lamoureux as he gazes over his well-used equipment. "My buddy hurt his knee and just gave it to me."

The equipment can be pricey, the position a honed skill, and yet a huge reason why the goaltender spot is the hardest to fill in any rec league remains beyond the obvious.

"No one is foolish enough," says the 33-year-old carpenter and concrete worker while cracking a smile. "You have to be reliable in net. When I can't make it, they have to find another goalie. That can be tough. Thankfully, this year I haven't missed one yet."

And like many rec leaguers, Lamoureux is just biting the bullet for the betterment of his team.

"Nobody else would go in net, so I did. It's funny. I'd rather play out when I'm in net, and play in net when I'm out. You don't have to be relied on so much when you play out. You go out and do your shift and come back to the bench. You always have to be reliable in net," he said.

DARRIN BAUMING/FOR METRO IN WINNIPEG

Trevor Lamoureux said he became a goalie after inheriting the equipment. DARRIN BAUMING/FOR METRO

Psyched to win

Mismatched socks part of goalie's superstitious ritual

Be it Team Canada's tactic of burying a loonie at centre ice at the 2002 Winter Olympics, or goalie Patrick Roy's famous chats with his goal posts, superstitions are common on the ice.

Beer-league hockey is no exception, said James Owen, president of the Barrhaven Men's Hockey Association. "Goalies tend to be superstitious, since their role is all about consistency. For example, I wear opposite-coloured socks."

It's all about mental preparation. "It's making sure my laces are tied properly," he said. "If you approach it in a certain way, that's your consistency."

Other superstitions include making sure players don't step on logos at centre ice and not mentioning a hat trick to a player who has scored two goals. "If you say shutout too, it's almost guaranteed not to happen," Owen said. "Even if the score is 16 to nothing.

"Some of the guys won't buy new equipment during the playoffs," he said. "It has no bearing on the outcome of the game. It's a psychological thing."

GRAHAM LANKTREE/METRO

Print still rules in Canada, but ebook sales are surging

Publishing. Report released by BookNet Canada also finds more and more books being bought outside of conventional bookstores

Surging ebook sales now represent an estimated 16.3 per cent of the overall book market in Canada, a figure that caught even some industry watchers by surprise.

A new report by the nonprofit industry group BookNet Canada finds more and more people are buying ebooks, and when they do purchase hardcovers and paperbacks they are increasingly getting them outside of conventional book stores.

The trends are outlined in a first-of-its-kind report by BookNet, which is based on several consumer surveys conducted over the first half of the year. The results are considered accurate within 3.1 percentage points, 19 times out of 20.

"We were a little taken aback — even though we are in the industry and on the technology side of the industry — at just the sheer quantity of the shift in behaviour in regards to digital and online (shopping)," said BookNet CEO Noah Genner. "We all knew it was happening ... but just the sheer volume and the amount of change that's happened in the last couple of years is a big surprise."

The report suggests one in three Canadians is a regular book buyer and purchases an average of 2.8 titles per month.

When it came to where purchases were made, only about a third were in book stores. About 27.5 per cent of purchases were online and about 30 per cent were at nonbook retailers, including big box stores and grocery stores.

"The other big surprise (in the research) was just how much book buying was done as if it were another consumer good," Genner said. "We were quite surprised to see how many books were bought with grocery items, with consumer goods and different category lines." THE CANADIAN PRESS

The market

While ebook sales are growing, print sales still dominate, with paperbacks representing an estimated 56.7 per cent of the market and hardcovers making up 23.6 per cent.

- **Buying both.** Only seven per cent of readers said they bought both ebooks and print books, but they bought more titles overall — an average of 4.5 per month.

Book rewrites Netflix's origins

Netflix CEO Reed Hastings, posing in this 2008 file photo at Netflix headquarters in Los Gatos, Calif., is probably hoping a new book about Netflix's early history never gets made into a movie. Netflixed: The Epic Battle for America's Eyeballs, written by veteran journalist Gina Keating, is set to go on sale Thursday. The book captures Hastings' vision, focus, charisma and chutzpah — but readers also will be introduced to a cold-hearted side of Hastings that never surfaces in his public appearances or in the many interviews that he has done with reporters during his 14-year tenure as Netflix's CEO. THE ASSOCIATED PRESS FILE

Coffee

Starbucks, indie Rodarte find common ground

Starbucks Corp. tapped sisters Laura and Kate Mulleavy — the indie fashion darlings of Rodarte — as its next design partners for a series of limited-edition products for the holiday season. There will be Rodarte-designed gift cards, tote bags, cup sleeves and mugs. The signature pattern features a pixelated checkerboard of grey, white and silver set against different shades of green. Typically, the duo's fashion designs are not necessarily in line with mass-market taste.
THE ASSOCIATED PRESS

Online shopping

EBay unveils redesign

EBay has redesigned its website to encourage visitors to browse and collect items they might want to buy later with something it calls the "feed." The feature, reminiscent of popular sites like Pinterest, shows users items based on things they purchased in the past or items they've clicked on the site. Shoppers can also add or remove categories.
THE ASSOCIATED PRESS

RBC survey. Canadians' debt down from 2011

A new poll suggests more Canadians are living debt free this year compared to 2011.

The annual RBC survey found that 26 per cent of respondents had no personal debt — excluding mortgage debt — in 2012, up from 22 per cent last year.

However, the poll found that on average Canadians are carrying $13,141 in non-mortgage debt, up $84 from last year.

Ontario residents were carrying the heaviest load at $15,361 while Quebecers had the least at $10,171.

Some 40 per cent of those polled said they were comfortable with their current debt level, down from 45 per cent last year.

And one-in-three respondents said their debt levels are a source of anxiety — up slightly from 2011.

Canadian average household debt, which includes mortgage debt in relation to disposable income, rose to a record 152 per cent at the end of 2011. THE CANADIAN PRESS

Market Minute

DOLLAR 101.97¢ US (-0.22¢)

TSX 12,212.42 (-61.15)

OIL $91.25 US (-$1.14)

GOLD $1,765.10 US (+10¢)

Natural gas: $3.475 US (+0.8¢)
Dow Jones: 13,344.97 (-128.56)

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TRAVEL BLUES? TAKE A SEAT

HE SAYS...
John Mazerolle
metronews.ca

The worst part about post-travel blues is that even I want to kick my own ass.

After all, why should anyone care that I'm sad to be back in Canada after weeks overseas? It's like complaining that you ate too many pies or that you got a paper cut on a $100 bill.

But the feeling is real. A co-worker of mine spent a few months in Africa earlier this year, and when I said, "You're back!" he said, "Yeah, I am" in the sort of tone that makes you hide sharp objects and casually bring up this great therapist you know.

I was happy for his depression, because it meant his trip went great. But I still wanted to kick his ass.

It's precisely because nobody cares about your sulking that post-travel blues are so hard to get over.

What I want/what I deserve

It slowly dawned on me that I wouldn't be tripping the light fantastic again anytime soon, and I started walking around like Eeyore. So if you see me, kick me. Please.

When I came back from my trip to Scandinavia this September, I had a good buzz going. Relaxed and content, like I'd just gotten lucky with geography.

But then it slowly dawned on me that I wouldn't be tripping the light fantastic again anytime soon, and I started walking around like Eeyore. So if you see me, kick me. Please.

In the meantime, I plan to get over my post-travel blues with a few tips I picked up from online travel sites.

- **Be a tourist in your hometown.** Lots of sites suggest this. So I plan to put on a Hawaiian shirt and wander into bad parts of the city with a map and a camera asking if they've got *Mac*-Donald's in these parts. I'll let you know how it goes.
- **Find expats and cuisine from the place you visited.** I'll try, but I'll probably have a hard time finding Little Faroe Islands or Denmarktown. Also, it might be difficult to find restaurants that sell puffin. (You know puffins, those adorable little clowns of the sea that look like real-life cartoons? Well, the one I ate treated his grandmother poorly and believed global warming was a myth, so get off my back.)
- **Talk to fellow travellers.** Hearing other people's post-travel woes will make you feel better about yourself when you tell them what jerks they're being.
- **Write.** The travel sites say to write about how great everything was, but I'll take a different tack. See, I've read about a number of instances over the years where a columnist will badmouth a place and, in response, a politician challenges the writer to take a second look. To use a random example, if I were to speak ill of Denmark, which I think we can all agree is a dump, the Hotel D'Angleterre Copenhagen (what a hole!) might invite me to force down some of the worst beer ever, while I talk to Denmark's cloistered, unattractive women. I also hear Copenhagen's mayor is too cowardly to have me back.

I'll take an aisle seat, Mr. Mayor. First class, please. I need room to have my ass kicked.

The window seat: one last opportunity to take for granted the sights you'll soon be pining for when you're back at home. ISTOCK

Pumpkins flourish amid drought

SIMON WHEELER/THE ITHACA JOURNAL/THE ASSOCIATED PRESS

Saved by jack-o'-lanterns

Agritourism in U.S. suffering

Tom Vliet, of Odessa N.Y., loads up his son Nicholas as they make their annual visit to Eddydale Farms, south of the City of Ithaca, for the farm's $6 all-you-can-carry pumpkin special.

Devastating spring freezes and a historic drought have stripped some charm from rustic fall destinations, leaving some corn too short to create mazes, orchards virtually devoid of apples and fall colours muted.

Extreme weather has forced agritourism ventures in the heart of the country to scramble to hold onto their share of an industry that generates hundreds of millions of dollars each year.

However, farmers have found pumpkins to be thriving during the drought.

Mike Roney, who co-owns an orchard near Greenfield, Ind., said this year might have been the worst freeze damage ever at the farm his family has owned for 84 years.

But he found a bright spot in his pumpkin patches, which were irrigated and emerged from the drought with a fine crop.

"We actually have one of the best pumpkin crops we've ever had as far as size goes and quantity," Roney said. THE ASSOCIATED PRESS

Industry affected

- **Tradition.** For many farms and orchards, autumn is the peak agritourism season as families seek out a taste of rural life with outings to explore corn mazes, take hay rides and pick their own apples or pumpkins.
- **Economy.** Tourism generated about $566 million for more than 23,000 U.S. farms in 2007, according to the U.S. Department of Agriculture's most recent agriculture census — a survey conducted every five years.

Farmer's woes

Corn crop not so A-Maizeing

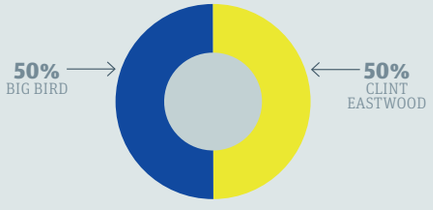
Sam Brown, who owns A-Maizeing-Farms in Mayfield, Ky., said the summer drought and 100-degree days ruined his farm's 20-acre corn maze, leaving stalks knee- to waist-high — far too short for use as a maze. Instead, he's offering a petting zoo, pedal-cart races and hay rides.

"The object of our maze is to find hidden checkpoints, and our checkpoints literally would have been taller than the corn in some of the fields," he said. THE ASSOCIATED PRESS

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Which is the bigger threat to Mitt Romney's White House campaign?



Twitter

@canadiancommish: It is a go! Ottawa's final vote is approved to rebuild the stadium and bring back the CFL. Happy day is an understatement. @CFL

@HarrisonMooney: Ottawa's CFL team needs to be called the Roughriders. In fact, ALL CFL teams should be called the Roughriders.

@marcom12: Way to go #Ottawa! Kill more jobs by sending our Cdn Passport production to a foreign country!!

@djdavebarron: Carleton U Has More Outgoing And Fun #Students Who Like Free Swag. Come On Ottawa U, Be More Fun

@alexthepuffin: Looking at the east/west cycling corridor plans. It'll be 7 years before a bike lane is installed on Beechwood.http://ottawa.ca/cs/groups/cont...

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PLAN CANADA SALUTES CANADIANS' ROLE

IN SUPPORTING INTERNATIONAL DAY OF THE GIRL ON OCT. 11

PLAN CANADA PHOTO

Girls growing up in the poorest regions of the world are the most disadvantaged people on the planet.

They face unique barriers to survival and development simply because they are girls. In many cases they are denied food, they are forced to drop out of school, and they are vulnerable to violence and discrimination.

Yet, research shows that when girls are educated, nourished and protected, they are a powerful force to help society develop as a whole. When you help girls, they can pull themselves, their families and their communities out of poverty to change the world for everyone.

PLAN ADVOCATES FOR GIRLS' RIGHTS

Plan is one of the world's oldest international development agencies working to end global poverty. Because I am a Girl is its global initiative to promote girls' rights and mobilize people around the world to create a brighter future.

In 2009, Plan enlisted 15,000 Canadians to sign a petition dedicating one special day every year to girls' rights. This helped the Canadian government convince the United Nations to designate Oct. 11 as International Day of the Girl Child last December.

Plan's Because I am a Girl initiative aims to inspire Canadians to raise money for equal access to health care and education, clean water and sanitation projects, as well as economic security initiatives like microfinance and skills training.

To learn more about how you can help change the world for girls, visit becauseiamagirl.ca

STANDING UP FOR GIRLS' RIGHTS

PLAN CANADA PHOTO

EDUCATION IS KEY TO GIRLS' SUCCESS

When Geeta of Nepal was 12, her father sent her to work as a domestic servant. She worked long hours and earned only 700 Nepali rupees (about $8) a year.

Geeta recalls, "It was impossible to escape. My master was highly regarded in his community. I was afraid of the consequences for my family if I left."

To help Geeta break free from exploitation and abuse, Plan supported her with a microloan and business training. She opened a roadside café, which she now operates as a family business. Today, Geeta employs herself, her entire family and even several friends when business is brisk.

HAITIAN GIRL PROVES MIRACLES HAPPEN

One of nine children on a small farm in Haiti, everyone expected Marie Dumay Miracles to stay home and help with chores. Marie's parents could not afford to send their kids to school.

When Plan set up education programs, Marie and her siblings leapt at the opportunity. Marie was a hard worker who excelled in school, but her parents couldn't afford university.

PLAN CANADA PHOTO

Through Plan's further education programs, she studied computer science, completed a university degree, and became a qualified engineer.

Next, Marie put her leadership skills to work as deputy mayor of her town, Croix-des-Bouquets, where she is actively involved in co-ordinating local earthquake rebuilding efforts.

Plan helped her live up to her name to show that miracles can happen.

OCTOBER 11TH IS THE DAY WE STAND UP FOR GIRLS' RIGHTS GLOBALLY.

AROUND THE WORLD...

Girls are 3 times more likely to be malnourished than boys.

70,000 girls under 18 are forced into marriage every day.

75 million girls are denied an education.

Just because they're girls.

AND YET...

When you feed a girl, she'll feed all those around her.

When you educate a girl, she'll share her knowledge with everyone she knows.

When you invest in a girl, she'll break the cycle of poverty.

Empower girls, and they'll change the world.

Inspired by Plan Canada's **Because I am a Girl** movement and thousands of Canadians, the United Nations has declared **October 11th International Day of the Girl**, a day to recognize girls' rights globally. Help give girls a voice, a chance, a future.

Girls are the **ANSWER**, and so are **YOU**.

Plan Because I am a GIRL.ca

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SCENE 2

Doing it for love, not money: The fine art of the striptease

Capital City Cabaret. Performers invite Ottawa to see the difference between burlesque and stripping

BACKSTAGE PASS
Jen Traplin
ottawa@metronews.ca

Billed as the biggest burlesque show in Ottawa, Capital City Cabaret takes place this weekend, featuring tantalizing burlesque, comedy, vaudeville and cabaret performances.

The organizer of Capital City Cabaret is Helvetica Bold, a local performer and producer who calls burlesque performances "tongue-in-cheek theatre for the ADD generation."

With that in mind, Bold admits there are a few misconceptions about what a burlesque show actually is.

"Some people tend to think that we're all a bunch of strippers, which is an oversimplification of what we do and is often said with negative overtones," she explains. "Yes, we strip, but we make far less money than exotic dancers and we're more about camp and cheese. We're theatrical. A good burlesque performance has a lot of production behind it. There's usually narrative, choreography or both. For me, the striptease aspect of burlesque is a big joke on 'Sex sells.'"

Fellow burlesque performer and firebreather Rhapsody Blue agrees with Bold, saying some people have a hard time distinguishing the idea of a burlesque performer from a dancer you might see in a strip club.

"Burlesque is stripping's older sister — the one that ran away to be a Broadway star," says Blue. "It's usually more elaborate and more closely aligned with cirque or musical theatre."

But it's not just the average person who may have the wrong impression of what burlesque actually is — Blue says there are also some misconceptions that exist within the burlesque community itself.

"Everyone has personal preferences, but occasionally a performer will come to believe that their personal preferences reflect a steadfast rule or larger truth about burlesque. Pasties and tassels are a prime example. There is debate as to how much clothing one must remove for an act to count as burlesque," she explains.

"I say it's less about what you show than it is about how you show it."

Attendees at this weekend's Capital City Cabaret can expect to be dazzled by performances by Bold, Blue and their fellow troupe mates from Rockalily Burlesque, as well as a long list of others.

No dress code will be enforced, but Bold urges people to dress up anyway.

"We're definitely encouraging high fashion, lingerie and fetish wear — the weird stuff we need an excuse to wear."

Details:

Capital City Cabaret

- **When.** Saturday at 9 p.m.
- **Where.** Saint Brigid's Centre for the Arts (317 St. Patrick Street.)
- **Price.** Tickets are $25 in advance or $30 at the door.
- **For more information.** Capitalcabaret.ca

Miss Helvetica Bold, founder of Ottawa's Rockalily Burlesque. VICTORIA SCANNELL/FOR METRO

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Argo. Screenwriter relives trying task of turning sprawling article into film

NED ERHBAR
Metro World News in Hollywood

Chris Terrio. GETTY IMAGES

Argo screenwriter Chris Terrio took on quite the challenge in turning Joshuah Bearman's Wired article about a CIA plan to use a fake movie production to rescue embassy workers in Iran into a coherent film — one that's part spy thriller and part Hollywood satire. The secret, he says, lay in not using the entertainment industry solely for cheap laughs and making sure the blue Wookiees were believable.

How do you take such a sprawling, multifaceted story and compress into a movie?
It's sort of a classic rescue narrative, which is here's a problem, go in and here are all the complications of making the escape happen, and then the last bit is the escape happening. But that said, I spent a few months pulling out my hair and thinking how do you choose your stories? Because there are a million tributaries to the river that you could take your boat on that would be fascinating. I would've loved to tell those stories. But in the end you just look at the skeleton and just decide what bones are essential to stand up.

I'm assuming there actually was a script for the film they were pretending to make. It was actually called Lord of Light. Tony Mendez actually chose not to use the title Lord of Light. They re-christened it Argo for the trade ads when they announced the film was happening. But the actual script that they carried around was called Lord of Light.

Did you get to read that script?
I didn't read it largely because I wanted to free my imagination for a completely different script. I mean, Tony told me a bit about it and the fact that it had Middle Eastern elements and it had sci-fi elements, mythological elements, but I didn't actually read it. I know it exists somewhere, and maybe Tony even has a copy. But literally I think Tony's copy might have been like the end of Raiders of the Lost Ark, sent into the CIA archives.

It's funny, like, as kids, Ben and me and you who grew up in the world of Star Wars and Raiders, those things keep popping up in the film. Even in the pillowcase and the sheet and the Millenium Falcon in Tony Mendez's son's room. Those are things that Ben and I had in our bedrooms growing up. Speaking of "Star Wars," some of the characters in the film within the film seem a tad familiar. Oh definitely. I mean, the blue Wookiee... But the other great thing about doing that scene is we had Jackie West as a costume designer, who I think is truly a genius. She managed to have the characters within the fake film look fantastical and kind of funny but never cross the line into outright parody. So that even though there's this blue Wookiee, the texture of the blue Wookiee kind of looks real. You can see that there's a man inside it. It can exist in the same world as the geopolitical reality of Iran because you feel like you're watching real people in fake costumes.

Cronenberg not sick of flu-inspired films

Antiviral. Brandon, son of David, thought of idea for movie while ill, and believes it's plausible that a crazed fan would want to carry their idol's ailment

RICHARD KRAUSE
scene@metronews.ca

Like father, like son: Brandon Cronenberg is taking after his dad David with Antiviral. HANDOUT

Caleb Landry Jones is the star of Antiviral. HANDOUT

The idea of Brandon Cronenberg's new movie sounds outlandish, but recent events suggest otherwise.

At the heart of Antiviral is the notion that in the near future fans will become so rabid they'll actually pay to be infected by celebrity diseases to feel closer to their idols. Sounds strange, but consider the statue containing John Lennon's DNA (courtesy of a Beatle molar bought at auction) by artist Kirsten Zuk or the $40,668 paid for a lock of Justin Bieber's hair.

"I always thought it was kind of plausible," he says. "A friend of mine, while I was shooting, pointed me in the direction of this YouTube video that was Sarah Michelle Gellar on Jimmy Kimmel Live. At one point she says, 'I don't want to sing because I have a cold, I don't want to get the audience sick,' and everyone started applauding like crazy. I'm sure one person in that audience would want Sarah Michelle Gellar's cold. It's certainly meant to be satirical and a cultural caricature but I think it is not that far from what already exists."

When I tell the son of famous director David about the Lennon DNA statue he says: "It's very interesting to me how obsessed people are with the physical tokens, the fetishes. John Lennon's teeth… It's so incredibly religious. It's like going into some church that claims to have the finger bone of some saint."

The idea for the film didn't come from an analytical look at celebrity culture, however. The concept occurred to him as he was laid low by the flu.

"I was obsessing over the physicality of illness and how I had this thing, physically in my body, in my cells," he said, "that had come from someone else's body and how there was a weird intimacy to that connection. After I got better I was trying to think of a character who might be able to see disease in that way and I was struck by the idea that a celebrity obsessed fan might want that kind of intimacy and it developed into an interesting metaphor."

These days Cronenberg's life is imitating his art to a degree as the film makes the festival rounds — it's played at Cannes and Toronto—and the spotlight has been turned on him. "It's sort of like being a character in my own film," he says of the attention.

"It's hilarious and also kind of uncomfortable."

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Muse-ing on nature of life and parenthood

Interview. Muse's Matt Bellamy sits down with Metro to talk about their new album, what it means and its influences

NINA ETTRUP
Metro World News

Matthew Bellamy of Muse says they have grown up as a band. KEVIN WINTER/GETTY IMAGES

Known for their epic sound — and selling 15 million albums worldwide — Muse returns with The 2nd Law. Metro talked with front man Matt Bellamy.

How would you describe The 2nd Law?
It's a feeling of struggle throughout the album, I think. The 2nd Law is actually a rule, a law, a principle that says that everything in the world is cooling down, everything is dying. Life is interesting because it's directly against that. Life is a strange thing because it's going against what's inevitable. The album is all little struggles, whether it's relationships or the economic struggle. Struggle is what sums up the feeling of the album.

Muse has been together as a band for 18 years. Are you all grown up as a band?
We've just about gotten through the moody teenage years, I think (laughs). Now we're coming into maturity, hopefully. It's a good feeling. I like that all of us are very open. Rock bands can be … they like to set rules for themselves — 'we can't do pop' or 'we can't do dance' — and we've broken a lot of those rules. I find it very enjoyable to be making music now that 15 years ago I would have said 'no' and 'never!' to.

You've got such huge fan base and always get good reviews. Why change what works?
Because it becomes boring if things don't change in any situation … Everyone enjoys looking for something new, and the process is to give anything a go. To not be afraid of anything and to not shoot anything down in the early stages. It's good to be neutral and try everything and see what happens. That's just who we are as people — always looking for change and renewal. Chris has six children — that's pretty challenging, but he must enjoy that. Tom likes to move around a lot, and I've always been a person who likes to travel a lot and experience things. It's must be in the character. I have a son now and I can see it in him too. He will always crawl out to the most dangerous area, you see that natural exploration. Maybe that's part of nature, part of who we are as creatures.

We really have grown into something different, but at the same time, the friendship and the memories we have are still there.

Has becoming a father and having your own family changed your relationship with music?
It doesn't change making music, it doesn't change writing or being on stage, but I suppose it does change the way you behave (laughs). In your 20s when you first go out on tour, you're looking for parties, you're probably a little more unstable.

If anything, I think it makes you focus more on the important thing, which is the music.

Does it change the way you write?
No, I don't think so, but I find different things inspiring now. Follow Me is quite influenced by becoming a father and a couple of other songs are more wise about relationships — definitely not knowing everything still.

Magic moments

Muse front man Matt Bellamy recalls some of the more epic moments

- **Playing Glastonbury, 2004.** "At Glastonbury it was a different level, it was massive and the reaction was really good. That took us to another area musically too. It changed the way we thought about songs."
- **Winning a Grammy, 2011.** "We won a Grammy Award in America — and we didn't expect that at all. It was really surprising, because we've always seen the U.S. as a difficult place for English bands."

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Adam Cohen charting a path of his own

New album. The son of Leonard Cohen finally finding his way in the music business with his third disc Like A Man

MIKE BENHAIM
scene@metronews.ca

Adam Cohen is embarking on a cross-Canada tour. It starts in Vancouver on Oct. 18. SHAYNE LAVERDIERE

Adam Cohen, son of Canadian icon Leonard, has cultivated a music career all his own. His third CD, Like A Man, is profoundly gratifying.

With some perceptible symmetry, it's clear that "the son also rises" on this one. As he prepares to tour Canada, we chat about a few things.

Is your mom Suzanne, the same Suzanne from the song?
My father actually wrote the song before meeting my mother, but says he wrote it to summon her.

When did you realize you might join the family business?
From the earliest age, there's never been a plan B. I was seduced into music as far back as I can remember. You could say I caught a virus that I was never able to shake.

It was less of a realization and more the following of an instinct.

The offspring of legends often run from their parents' shadows, but on this album, you embrace and even pay homage to your father. What led you there?
Three triggers lead me to the place I'm in today. The first was a sharp disillusionment with my career, which had not gone as I'd hoped, despite many chances with major labels, and kind of blowing them. Second was my father's triumphant return to the stage. Seeing him at the top of his powers in his 70s, was nothing short of inspiring.

The most important, was becoming a father myself — feeling a sense of responsibility to my name, and wanting to be Like a Man, the one I'd always wanted to be.

You taught yourself to play guitar, piano and drums. How much do you think was inherent versus learned?
I observed many characteristics in my father which I hope to find in myself, many of which I may indeed have inherited, some of which I may have parroted.

It doesn't matter to me how I got there, but I'd have a hard time believing anyone who claimed I was adopted.

You're a Montrealer, but you've lived everywhere. How has that shaped your art?
I've been privileged to travel and live among different cultures — from a little island in Greece, to Paris, London, New York and L.A.

Reading about this kind of lifestyle alone, or even dreaming about it powerfully enough, could change anyone. Of course my art and my heart have been shaped by my travels, but that's for the art itself to reveal, not for me to discuss.

You're tight with your bandmates. How did that develop?
Gratitude is a crossroad that easily leads to love. I'm grateful I found the people I'm working with.

What's first — lyric or melody?
Music and lyrics chance one another. There's no rule for me. I don't follow a recipe like a baker. If I did, I'd have many more songs.

The album is circulating, and you're going on tour. How do you feel about your current direction?
I'm pleased to see the album has been well received. We'll have a gold record in Canada. My first ever, at the age of 40. And the rest of the world should be on notice.

I'm going to keep coming to see you, traveling with my little band and the highest hopes to plant songs on your lips and in your hearts.

We'll be listening.

On tour

Upcoming tour dates and where you can see him.

- **The shows.** Adam Cohen begins his Canadian tour in Vancouver on Friday, Oct. 18, and ends in Ottawa on Nov. 10. Visit adamcohen.com/tour for details.

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Brad Pitt GETTY IMAGES

Brad Pitt needs the OK from his brood before embarking on new roles

Before Brad Pitt signs up for a role, he has to get the idea past a particularly tough panel of judges: Angelina Jolie and their six children. "I want it to be worthy enough of a story to leave the family, you know? They're everything. The family is first," Pitt tells Guy Ritchie in a chat for Interview magazine. "I also don't want to embarrass them." He also plans on taking more time off between roles going forward. "I'm not good at going back-to-back-to-back-to-back with movies, and it's just now that I'm starting to get my bearings again and a flavour for what's next," he says. "It's just about discovery now and finding something new that's interesting to me."

Quoted

"They're everything. The family is first."

Brad Pitt telling Guy Ritchie in a chat in Interview magazine how he plans to take more time off between movies.

Beyoncé's star won't be shining with Clint Eastwood

Beyoncé has decided to bow out of Clint Eastwood's long-planned remake of A Star is Born, according to E! News.

"I was looking forward to the production of A Star is Born and the opportunity to work with Clint Eastwood," the singer says.

"For months we tried to coordinate our schedules to bring this remake to life, but it was just not possible.

"Hopefully in the future we will get a chance to work together," she adds.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

THE WORD
Dorothy Robinson
scene@metronews.ca

Live like the Palins—with fitness and self-discipline!

The increasingly-skeletal Sarah Palin is writing a diet and fitness book, according to an email she sent People.

"Our family is writing a book on fitness and self-discipline focusing on where we get our energy and balance as we still eat our beloved homemade comfort foods!" she wrote.

The email seems slightly fishy; Palin never confirmed which publishing house is publishing the book and when it will be out on the shelves.

"We promise you what we do works and allows a fulfilling quality of life and sustenance anyone can enjoy," she wrote.

Interesting, because in 2010 Palin attacked First Lady Michelle Obama's Let's Move campaign on Laura Ingraham's radio show.

"Take her anti-obesity thing that she is on. She is on this kick, right. What she is telling us is she cannot trust parents to make decisions for their own children, for their own families in what we should eat," she said.

And Sarah Palin's slow transformation from a political heavyweight into a Real Housewife continues.

Lindsay Lohan GETTY IMAGES

Lohans cap off long night of partying with a blowout fight

Lindsay Lohan isn't having the most relaxing visit home, apparently, as the troubled actress and her mom, Dina Lohan, reportedly had a huge fight outside Dina's Long Island home Wednesday morning, according to Page Six. The incident reportedly took place around eight in the morning as a black SUV was returning the pair home after a night of partying. "[Lindsay] was yelling, 'I've had enough of this,'" a witness claims.

"It was an argument between Lindsay and her mother," a police spokesman says.

Twitter

@goldiehawn
A 350 lbs Bear broke in2 our house, emptied the fridge, destroyed kitchen left a lovely present on the floor and took off! Would've made Him dinner and given him a doggy bag!

@JonahHill
I might be the least British person alive.

@SethMacFarlane
I'm a fan of all Margaret Cho's work, but I think Gangnam Style might be the coolest thing she's ever done.

@ConanOBrien
I'm in London right now. You won't believe this, but there's still a few minutes left in the Olympic closing ceremonies.

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(Bow)ties that Bond

Q and A. Designer Lindy Hemming talks about the tailoring, the history and the heritage that thread together 007's style

RICHARD PECKETT
Metro World News in London

Clothes maketh the man ... but it's Lindy Hemming who's behind James Bond's impeccable wardrobe. We speak to the Oscar winner and long-serving Bond costume designer, who helped put together a current exhibition at London's Barbican Centre which explores Bond's suave style.

How did you first become involved with the Bond movies?
The two producers, Barbara Broccoli and Michael Wilson, just started to think about producing a new series of Bond films with Pierce Brosnan, and they were looking for a new costume designer. I think they had seen my films like The Krays and Four Weddings and a Funeral — none of them particularly relevant. But I don't know, I hope they'd heard that I was OK and I suppose they were looking for somebody British anyway.

What were you hoping to achieve in GoldenEye, given that it was the first movie since the underwhelming Dalton era?
I looked at the various Bond films and my idea was that I wanted to get back to the sort of, well, I say the suave sophistication of Sean Connery. Even though it was the 1990s, I wanted to bring something of that Connery feeling to Pierce Brosnan and not go in a sort of casual unsuited, street kind of way. I wanted to go back to elegance.

Sean Connery, the original Bond, was also the best Bond, says costume designer Lindy Hemming. ALL BOND PHOTOS HANDOUT

Why is it best to keep Bond classic and timeless? Did you find the flares and safari suits of the 1970s ridiculous?
My idea of Bond is that one reads about Ian Fleming and how and why Bond came to be imagined. He isn't a flashy character. He is an upper-middle class member of society and he's a naval, military person and so to me he wouldn't have worn those kind of clothes. Neither would he have worn those street and slightly Miami Vice clothes that Timothy Dalton wore. As a member of the establishment, he would have dressed well, cleanly and classically. His wardrobe wouldn't have that many clothes but what he did have would conform to a formula.

So, is the classic tailoring very much a part of Bond's timelessness?
Yes, but now when we came to do Daniel Craig some sort of decision had been made: we took into account that most likely the Bond Daniel Craig was playing would have been at war undercover or in the SAS (Afghanistan, Iraq or Northern Ireland). So that meant we had slightly different things going into operation.

For style and looks, who was your favourite Bond?
Truly my favourite Bond was Sean Connery ... for the tailoring. But I really, really like the tailoring of George Lazenby. I think that if you look at pictures and photographs of him his tailoring is slightly fashionable and immaculate — but no one ever mentions him. I think Lazenby was tailored by a man called Dimi Major: a forgotten tailor for a forgotten Bond. Oh and of course I liked Pierce.

Sophie Marceau, in a stunning sheer beaded number as Elektra King, turns the heat up on Brosnan's Bond in The World is Not Enough.

Men in skinny jeans, take note

"I'd rather people look like (Bond) than that they were hyper-fashionable with terrible tight trousers that make your arse look fat."
Lindy Hemming

Did it help that Lazenby was a model?
But so was Roger Moore. Roger Moore had been a knitwear model — I don't think you need to mention that.

Is Bond a style icon?
No. I don't think he should be a style icon. He should be desirable and he should still be accessible. Bond is a sophisticated example and in the '90s era a European example of good taste. He has an understanding of the reasons for tailoring and colours in order to look his best and move effortlessly amongst all strata of society.

Do you believe that his tailoring and smart casual looks are how men should dress?
I'd rather people look like him than that they were hyper-fashionable with terrible tight trousers that make your arse look fat with very short tight jackets that look terrible on most people.

Was Ian Fleming a dandyish character? What influence has he had on the tailoring in the movies?
Many many of the things that they used in Sean Connery's wardrobe came from Ian Fleming and Terence Young, the first director. Both of whom were ex-military and still close enough to the military world to know what a guards officer or a naval commander would have in their wardrobe — and I'm sure that influence was huge on the Connery clothes. Of course, as the second film (From Russia with Love, 1963) and the third film (Goldfinger, 1964) came along the style of menswear and the fact that menswear had become fashionable does influence the look of Connery and Lazenby, but I feel that Ian Fleming's first idea came from his own experience of his class and the services.

The shawl collared tuxedo or those silk covered cuffs that you see Connery wearing are passed down from Ian Fleming to Connery and from the tailor of Terence Young through to Connery. But I also think that when you design Bond films you do look back and reference things. Like I used the cashmere cardigan with the shawl collar and the white or grey polo neck for a casual look, with creamy coloured trousers for Daniel Craig in Casino Royale which came directly from Sean Connery.

The evolution of the Bond girl

The role of the Bond girl has changed throughout the last 50 years. She's gone from helpless damsel in distress to a tough, self-reliant woman and agent.

- **Hemming says it's more fun to dress the modern Bond woman.** "Nearly all of the Bond women now have really good back stories," she says. "What it means as a costume designer is that it gives you a chance to explore the character. You see them develop from Bond's fancy through to villainy."
- **But they all have their moment.** When pressed about which of the Bond beauties is the sexiest, Hemming responded with a laugh. "Oh God. Let's say Ursula Andress. Let's say that because that way we won't upset anyone. Honestly, the truth is that I think she was absolutely stunningly beautiful. But so was Sophie Marceau and Halle Berry — it's really difficult because they all have an iconic moment, I think."

First Bond babe Honey Rider, played by Ursula Andress.

More online and Friday

- Visit metronews.ca for more James Bond coverage.
- Friday, Metro looks into the history of the Bond theme song.
- **The Man Blog.** "Large, very strong and very cold and very well-made." That's James Bond describing how he likes his martinis in 1953's Casino Royale. We go to The Roof Lounge at the Park Hyatt Toronto to learn how to mix Bond's Vesper martini. Cheers! Recipe at metronews.ca/themanblog.

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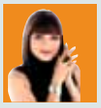

JEANNE SPACE
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@Jeanne_Beker: For @AirCanada 's 75th, I'm hosting a show of past flight attendants' uniforms. If YOU were designing one today, what would it look like?

@KirkInMontreal
with the way passengers act on planes lately, I would think attendants uniform should be #ROBOCOP -ISH

@Jeanne_Beker
That's FUNNY!

@JoHNNYBANKS
like the outfit the first ever woman to fly wore.

@Jeanne_Beker
You mean an Amelia Earhardt get-up? I suppose the retro look is always cool...

@ava_duquette
What part of fashion did you not expect before reaching your position? It's still a fantasy world for a lot of us.

@Jeanne_Beker
I didn't expect people in fashion to be so fickle. I always want to believe the best in people. But some just don't deliver.

@Jeanne_Beker: Hi ho, hi ho! The Thanksgiving farm clean-up!

@Jeanne_Beker: With the masterful @philipsparks at his way cool Ossington Ave shop. Great threads for men+women!

The Kit

Canadian street style

Spotted in: Vancouver

Celia
Human Resources
Age: 31

What she's wearing
Joe Fresh blouse, Club Monaco trousers, Fry shoes, vintage Coach bag.

Her inspiration
"Vintage, beaten up and a little masculine."

THE KIT PHOTOBLOGGER: M'C KENNETH LICON, LITTLEFASHIONISTO.COM

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From hotel style to home decor

DESIGN CENTRE
Karl Lohnes
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New York real estate is notorious for the high prices for small spaces and it always has been consistent with what travellers expect from their hotel rooms.

The Pod Hotel, famous for its tiny rooms at great prices, has never shied away from the small space aspect when it opened up five years ago on 51st Street.

Now there's a second 366 room Pod Hotel on 39th Street (located in the Murray Hill district) offering up stylish and practical accommodations from 120-square-feet that is bound to impress any budget conscious traveller. Although limited space is a given, one thing that isn't lacking is the high level of personalized service offered from the staff, the inviting modern lobby and trendy rooftop lounge; wherever you go in the hotel you are guaranteed a smile and hello.

From $150 this centrally located hotel is bound to take Manhattan travellers by storm.

Details I love

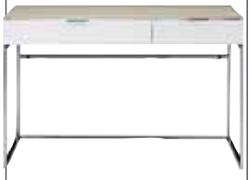
- Each floor is colour coded by carpet colour.
- All furnishings float and do not take up any visual floor space; the more floor you see the larger a space can feel.
- One vertical (the red bulk) and one horizontal (a stripe in the carpet) guides your eye toward the longest and tallest sightline in each room, another trick to show the eye the most space available.
- Colours and style are kept focused. Black, grey, red and white is a signature combination.

The Pod Bunk Room at The Pod 39 Hotel offers no-nonsense, affordable and stylish decor for the budget-conscious visitor to New York City. THEPODHOTEL.COM

Like the look of The Pod 39 Hotel? Here's some decor items to turn your guest space into the perfect sleeping pod.

Keep your dates and times on track with a vintage-inspired Flip Clock, $199, BedBathAndBeyond.ca.

Light, airy and durable make for a stylish desk. Mosco Desk, $600, EQ3.com.

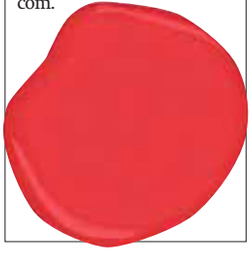


Durable carpet tile offers a custom look to the floor. INS & OUTS carpet tile $17 each, FLOR.com.

Light and airy chairs add durability and style to a desk or dining table. Bertoia Chair, $104, HomeSav.com.

Style inspired by quilted moving blankets. Magical Thinking Quilt, $130, UrbanOutfitters.com.

A shot of red will help add punch to a bulk head or window trim. Tricycle Red 2001-20, BenjaminMoore.com.



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An incredible rate of deforestation has permitted the palm oil industry to grow at a rate of nearly 27 per cent per year. ISTOCK IMAGES

Sustainable palm oil: Sourcing the world's leading vegetable oil

How can I find sustainable palm oil?
-Miriam, Saskatoon

QUEEN OF GREEN
Tovah Paglaro
green@metronews.ca

Palm oil — a relatively new kid on the block when it comes to oils — recently passed soya as the world's primary source of vegetable oil.

The simple answer to finding sustainable palm oil is to look for a certification. But of course, it's not really that simple!

Produced primarily in Malaysia and Indonesia, palm oil is known to come with environmental challenges.

The greatest is the incredible rate of deforestation that has permitted the industry to continue to grow at a rate of nearly 27 per cent per year, while keeping the cost of the oil appealingly low to industrial producers.

Certified sustainable palm oil and palm kernel oil are produced at palm oil plantations that comply with the environmental standards of the Roundtable of Sustainable Palm Oil (RSPO).

Among the standards required for RSPO certification is the producer's commitment to preserve "high-value conservation forests." Although this loose protocol has been widely criticized, the RSPO is currently reviewing certification standards.

In the meantime, a certification is still the best bet for concerned consumers.

Have you read a label and not seen palm oil listed? In processed foods, palm oil is often couched in the term vegetable oil. In cosmetics, look for words indicating palm derivatives (like palmitate).

How to avoid unsustainable palm oil:

1 Shop from companies listed in the RSPO's database of sustainable-palm supporters.

2 Look for the RSPO trademark on products.

3 Ask retailers to offer more certified sustainable palm oil products.

4 Ask manufacturers to use certified sustainable palm oil.

5 Visit the World Wildlife Federation at wwf.org to learn about other ways to get involved.

Finding certified sustainable palm oil may be simpler than you think.

A couple of big players in Canada and around the world have set the ambitious goal of using only RSPO certified palm oil in their products by 2015.

Consumers can also find plenty of food and personal-care products that use alternative oils.

Read the labels and make your own informed choice!

Safe cleaning

Don't mix these chemicals!

I have often heard that mixing bleach and ammonia is a bad idea. But I don't know why that is. Can you please explain? Thanks Mr. Butler!

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

You may have already heard, but it's worth repeating: Mixing bleach and ammonia is dangerous.

This combination creates a reaction called chloramine vapor. What this does in simple terms is aggravate respiratory problems. It can cause serious damage to the lungs, going into the blood supply from the lungs and combines with red blood cells so they can no longer carry oxygen.

In addition to this and many other issues, it is also a skin irritant. If you suspect any contact, call and seek medical attention immediately. It's a very problematic combination. Do not delay seeking help.

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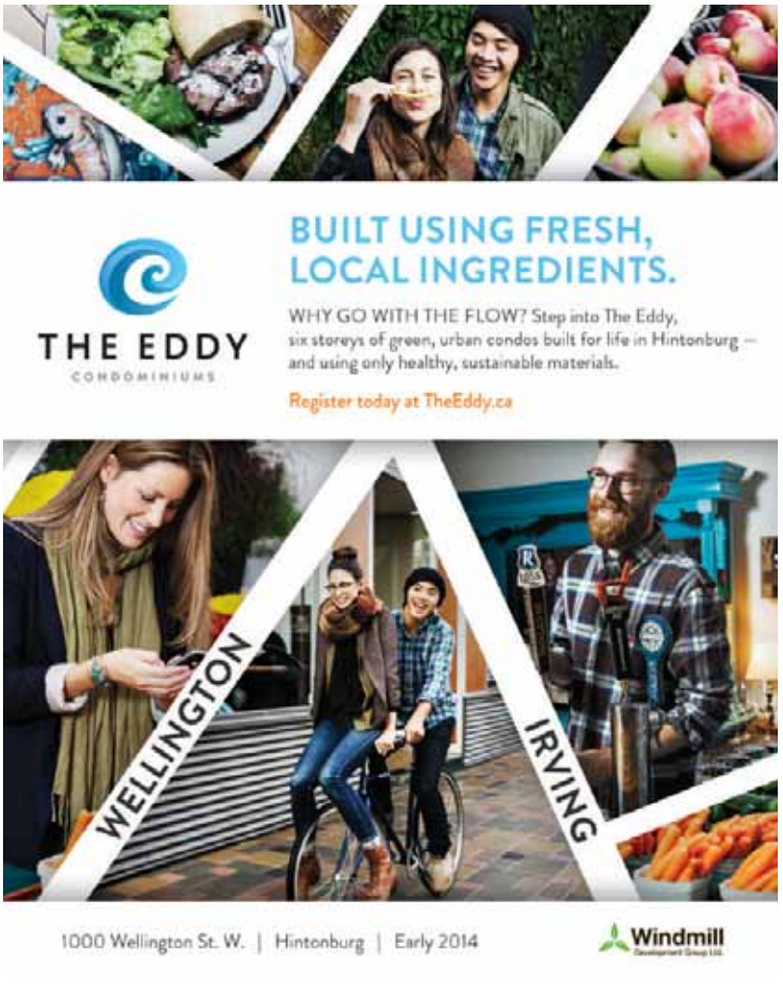
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Create a timeless look in your home

Like fashion, interior design trends change with the seasons. Each month, different colours and patterns become the new "it" look, inspiring us to overhaul our home décor.

Keeping up with the latest looks can be challenging, not to mention expensive. That's why it's important to remember that keeping your home décor modern isn't so much about buying trendy furniture as it is about being practical. Invest in timeless pieces that are suited to your lifestyle and create a calm environment.

Delta Faucet, a leader in beautifying home interiors, offers the following tips to make sure your space will always feel fresh:

Choose multi-functional products with hidden technology and beautiful design to create a modern feel. Think televisions hidden in cabinets, speakers mounted behind the wall, and sleek kitchen faucets with a hidden sprayer. Technology that seamlessly blends into a space will always feel new.

Consider incorporating accessories in shades such as clean green, saffron, ocean blue, and magenta to create a soothing atmosphere that will never feel tired.

Sleek and simple architectural details add maximum design impact in any room. NEWS CANADA

"Adding sleek pieces in a colour that you'll always love — rather than a trendy colour — makes your style timeless, not to mention wallet-friendly," says Jo Alcorn, a Toronto-based interior design expert.

Update fabrics to those that feature timeless geometric designs, overlapping layers, or stripes. All of these can instantly make a home more contemporary without a large investment.

Sleek and simple architectural details add maximum design impact and can become the focal point in any room.

"Paying attention to your hardware including cabinet handles, light fixtures and even faucets can play a huge role in making your place look more modern," says Alcorn.

When considering furniture, look for pieces with glass or painted wood, and materials like coloured acrylic, fibreglass, and chrome. These features will ensure your choices stand the test of time.

Update fabrics to those that feature timeless geometric designs, overlapping layers, or stripes. NEWS CANADA

Nothing dates a space like clutter. Organize and store — or even neatly display — magazines, newspapers, and books. Electronic cords should be off the floor and not visible to keep your room looking neat and clean.

NEWS CANADA

Make your home look more modern with new bathroom faucets. NEWS CANADA

Weekend project. Bathroom makeover is very doable

Many homeowners are looking to redo and update their homes, but with busy schedules, often only have time on the weekends. While a complete overhaul of the house might be unrealistic for this time frame, a bathroom makeover is completely doable.

The following tips and tricks will show you how to be a weekend warrior without having to hire a professional crew for assistance.

You don't have to hire a professional to redo your bathroom in a weekend. NEWS CANADA

Get Inspired

Home magazines and online resources, such as Pinterest, are filled with all the newest colour palettes, design themes and patterns to get your inspiration flowing. Utilize the many beautiful bath photos to find the theme or colour scheme that calls to you and run with it.

One-Stop Shop

Heading to only one or two stores is crucial, since your time should be spent renovating, not driving all over town for what you need. Planning ahead will lessen frustrations when you begin scouring the aisles.

Finding The Perfect Products

For a weekend makeover, focus on the following products:

- Paint: Be sure to choose a semi-gloss or bathroom-specific paint, since the steam from hot showers and excessive water flow can make the bathroom a harsh environment.
- Faucets: When selecting your faucet, consider style, finish, co-ordinating products, and quality. The Moen Boardwalk bath collection, for instance, features a blend of vintage design and classic lines for a stunning look in any bath.
- Showering: The shower is a place to escape and relax — so be sure to find products to enhance this space. Today's shower heads come in variety of designs — wall mount, handheld, multi-function, rain shower — or a combination of all. Find the one that suits your showering style and choose a finish to co-ordinate with the rest of your bath.
- Accessories: For added safety with style, try designer grab bars with accessories, which combine the safety benefits of a grab bar with one of three common bath essentials — a towel bar, a paper holder and a shelf — making each item functional and fashionable. Adding these discrete safety solutions will keep your bath looking great while still being practical. NEWS CANADA

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SPECIAL INFORMATION FEATURE

A ‘farmers’ market’ for beer

Hintonburg. The Brewery Market will feature breweries and food vendors

JEFF O’REILLY
For Metro

Rob McIsaac, left, and Shane Clark take a break from painting to share some home brewed versions of their Beyond The Pale creations. JEFF O’REILLY/FOR METRO

Having run more than a dozen successful Brewery Market events in the Toronto area, founder Cass Enright attended last February’s Kelp Records Winter Warmer event in Ottawa, where he saw that our community was clearly excited about supporting events that celebrated beer and food. With a booming brewing scene in the Nation’s Capital Enright knew that there was potential to do an event here.

So when his friend, Taralyn Marshall, moved here it was time to kick things into high gear and bring his event to O-town. Marshall quickly sourced an underused Hintonburg location and it didn’t take long for 10 breweries and four food vendors to sign up to bring us a casual, relaxed, family-friendly event that will feature the most breweries ever joining together in a Brewery Market event.

In addition to the exceptional culinary specialties of Hintonburger, Union Local 613, The Relish Food Truck, and The Hintonburg Public House, expect to see the Ashton Brewing Company, Beau’s, Big Rig, Broadhead, Cassel, Clocktower, HogsBack, Kichesippi and Mill Street serving up delicious local brews and, with any luck, nearby Hintonburg neighbours Beyond The Pale will have secured its licence in time to show off some of its wares.

I visited partners Shane Clark and Rob McIsaac at the site of their future Hamilton Avenue venture to find a flurry of activity as they are aiming to open their new nano-brewery the first week of November. But with such a cool event right in their backyard they are doing whatever they can to make their debut at Saturday’s event — our fingers are crossed for them.

These 30-something entrepreneurs have been friends since childhood, growing up nearby and are still completely in love with their neighbourhood. While the name of the brewery has several historically significant references that may inspire, it also fits nicely with their philosophy on brewing — to offer something bold and different; beyond the pale (yellow and fizzy) beers that seem to dominate the market.

Clark, an accomplished home brewer, promises to launch four beers right off the bat and add two more each month (including one-offs and cask versions) in and out of the rotation. I was lucky enough to sample a few of these beers and am nearly as excited as they are to see them open. Their brews are robust and different, and they will be a great addition to an already impressive and growing local craft beer producing (and loving) culture.

Beyond The Pale Imperial Super Guy (9.1 per cent alcohol by volume, 95 IBUs) pours a lightly hazy cinnamon amber/orange with moderate tan head showing off an intoxicating spicy malt, pine and tropical fruit nose. A little boozy for sure, but with sweet caramel up front before pine resin, grapefruit/citrus and a spicy strong grainy rye malt backbone, it shows surprising complexity. Medium- to full-bodied and softly carbonated, the mouth feel is well-rounded and smooth with a little bit of bite and lingering finish. A great twist on an American IPA that, instead of just showcasing the hops, allows the rye characteristics to shine through, making for a really great beer.

The Brewery Market will take place Saturday from noon to 8 p.m. at 1000 Wellington St. W. at Irving Avenue. Admission is free with a $6 per beer cost. Proceeds will go to support local charity Ottawa Riverkeeper.

SEASONAL SIPS
Allyson Bycraft
For Metro

Sip these variations

Light the Night Festival, Oct. 13: Sake is a wine made from rice and is usually served warmed in little cups. This week’s pick is a sparkling sake, bubbly like a sparkling wine.

Serve the Green River Sparkling Star Sake ($17/500 ml, LCBO #273359) chilled in a champagne flute. Pour in one ounce of peach schnapps for a variation on a Bellini, and add a splash of Goldschläger cinnamon liqueur for a spicy, sparkly autumn twist. Available at Vintages Saturday.

Fall Rhapsody, until Oct. 15: Warm up after your Gatineau hike with a fortified wine. Osborne Pedro Ximenez Premium Sweet Sherry ($17.95, LCBO #47944) is made from dried Pedro Ximenez (PX) grapes, and is about the sweetest thing in the wine world.

Dark, thick and rich, with lots of raisin, dried tree fruit and honey characteristics, you will definitely need a sweet tooth for this one. And at 17 per cent alcohol by volume, it’s a great way to warm up on a chilly fall day. Available at Vintages Saturday.

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Make a day of family memories by enjoying local agriculture and picking pumpkins for Halloween. SAMANTHA EVERTS/FOR METRO

Pick your own pumpkins

SAMANTHA EVERTS
For Metro

Take the little monsters in your house to find a Halloween jack-o'-lantern and make a day of family memories enjoying local agriculture within an hour's drive of Ottawa.

Proulx Maple and Berry Farm
Located in Orleans, Proulx Maple and Berry Farm is all about pumpkins each October. Celebrating its 18th Pumpkin Festival, there are pyramids of pumpkins to choose from, but for those unafraid of a bit of mud, don your best wellies and head out into the field. A petting farm, 48-foot slide, and mysterious (haunted) forest also await. Whether your jack-o'-lantern is sweet or scary is up to you. Pumpkins range from 50 cents to $15 for the largest variety. proulxberryfarm.com.

Log Cabin Orchard
Down a quiet country road just outside of Ottawa sits a great day of family fun. At the Log Cabin Orchard, admission is free to choose your perfect jack-o'-lantern on this 33-acre farm in Osgoode. Specialty, pie pumpkins and gourds are also available for carving into fun Halloween characters. The namesake historic 170-year-old log cabin serves as the storefront, which offers homemade pies and jams amongst the fresh-picked, juicy Cortland and McIntosh apples. Free hayrides. logcabinorchard.ca/.

Miller's Farm and Market
Nothing gives you a better sense of fall than a tractor dropping you off in a cool field surrounded by thousands of pumpkins. A challenging eight-acre corn maze for kids of all ages could have you lost for hours with the promise of warm pumpkin pie inspiring the final escape. For those who don't have time to scoop out the innards, they have a wonderful array of painted pumpkins in their store along with local honey and preserves. millersfarmandmarket.ca/.

Australian and Chilean wines highlight list

IF I HAD $100 ... TO SPEND AT VINTAGES

JULIE STOCK
For Metro

This weekend at LCBO, the shelves in Vintages are stocked with more Australian and Chilean wines than ever. With only $100 to spend, I had a really hard time making this shopping list ... and I had 20 cents to spare — phew!

Oakridge Over the Shoulder Chardonnay 2011, Australia
(LCBO #285759, $24.95)
A crisp, dry white wine that is fruity and rich. Perfect with butternut soup.

Willy Gisselbrecht Tradition Gewurtraminer 2010, France
(LCBO #6928390, $18.95)
Absolutely liquid lusciousness! Loaded with floral aromas and tastes that will melt away autumn chills.

Coffin Ridge Back from the Dead Red VQA 2010, Ontario
(LCBO #260463, $17)
Love the name! Perfect to serve at a Halloween party. Made with Marechal Foch grapes, this is a light-bodied red wine with sour cherry tastes.

Maquis Lien 2006, Chile
(LCBO #292250, $19.95)
A red blend of five different grape varieties that create a "big" fruit bomb!

Sasso Al Poggio, Italy
(LCBO #134809, $18.95)
A dark, ruby red wine with ripe cherry and earthy flavours. Perfect with pizza or lasagna.

GRAND TOTAL: $99.80

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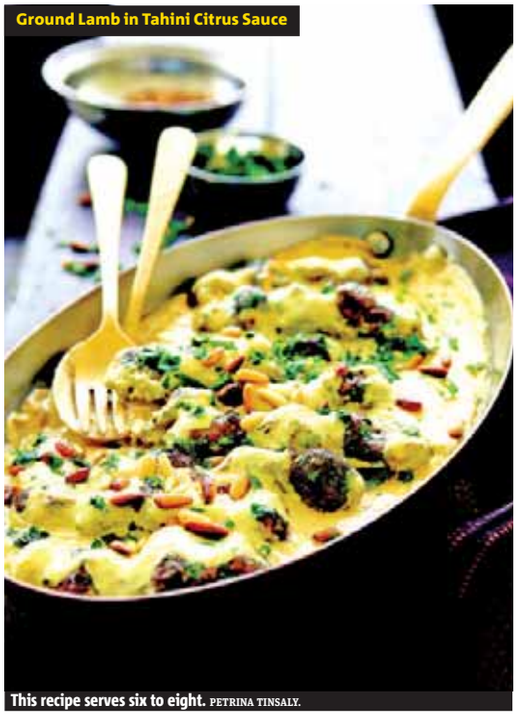
Bringing the ancient and exotic cuisine of the Middle East to 2012

Ground Lamb in Tahini Citrus Sauce



This recipe serves six to eight. PETRINA TINSALY.

"Kofta is ground meat, usually lamb, mixed with onion and fresh herbs like parsley and mint, and seasoned delicately with a few spices," writes Suzanne Husseini in Modern Flavors of Arabia, which offers a modern take on cuisine from the region.

"There are many versions. This one is a delicious way to use tahini. Tahini has a nutty and earthy flavour and the orange zest and juice cut through that.

My mother used to whip this up at the last minute and have it on the table in half an hour before the guests arrived, as she was never satisfied with the endless number of dishes she had already prepared!"

Now is a great time to get acquainted with food from the region as Middle Eastern cuisine is poised to be the next big global food trend.

Many of the current "buzziest" restaurants in the U.S. and the U.K. are Middle Eastern (with the four Ottolenghi restaurants in London at the forefront of the trend), so it's only a matter of time before the style hits Canada.

Get ahead of the trend.

Ingredients

- 4 medium potatoes, sliced into 1/2 inch rounds
- 1/2 cup peanut oil
- 2 lb ground lamb
- 1 onion, finely chopped
- 1/2 cup parsley, finely chopped
- 1 tsp cinnamon
- 1 tsp allspice
- salt and pepper
- 1 cup tahini
- juice of 2 lemons (or more)
- juice of 1 orange
- zest of 1 orange
- 2 cups water
- sea salt
- 1/2 cup pine nuts, toasted
- a handful of chopped parsley, to garnish

1. Peel, wash and slice the potatoes into rounds. Heat the peanut oil in a large frying pan and fry the potatoes until golden on both sides. Remove and place on absorbent paper to cool.

2. Preheat the oven to 350 F.

3. In a large bowl, combine the ground lamb, onion, parsley, cinnamon, allspice, salt and pepper. In a baking dish, place the potatoes in one layer.

4. Shape the kofta into long sausages (about 6 inches) and place on top. Bake in the oven for 10 minutes until partially cooked. Remove. Keep the oven on while you make the sauce. Mix the tahini, lemon juice, orange juice, orange zest, water and salt to taste. It should be a pourable consistency and creamy. Pour the sauce all over and return to the oven to finish cooking and to thicken the sauce slightly, about 20 minutes. Garnish with toasted pine nuts and parsley. Serve hot with white rice and a salad.

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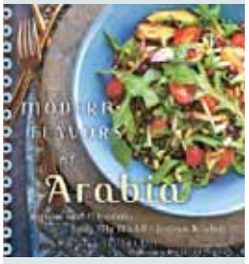
Cookbook of the Week

Modern take on Middle East dishes



Suzanne Husseini, host of Top Chef Middle East, splits her time between Ottawa and Dubai.

Influenced by her travels, she has released Modern Flavors of Arabia: Recipes and Memories of My Middle Eastern Kitchen. Focused on offering readers dishes that are healthy, full of flavour and exotic, the book explores a food culture that spans centuries.

Husseini's refreshingly new take on the traditional includes recipes that are arranged by breakfast, lunch, dinner and dessert.

The author also includes stories and ideas on how to serve each dish.

METRO

Braised Green Beans and Tomatoes.
Vegetarian side dish for rice or meat

"This is a beautiful vegetarian dish best eaten at room temperature or even cold straight from the fridge," writes Suzanne Husseini in Modern Flavors of Arabia.

"It makes a perfect side dish with rice or meat. Traditionally it is eaten ... by pinching morsels with pita bread. The braised whole garlic is a sweet surprise."

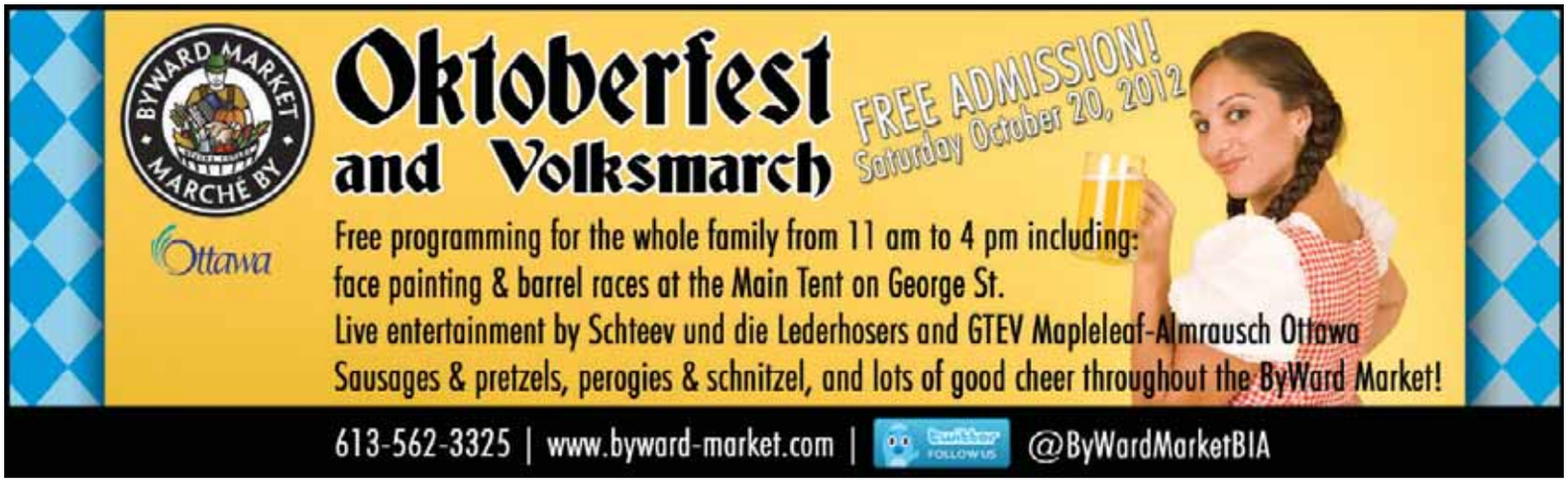
Ingredients

- 1/2 cup olive oil
- 12 cloves garlic, sliced thin
- 2 onions, chopped
- 4 cups green beans, cut diagonally
- 4 cups chopped tomatoes
- 1 head of garlic, cloves separated, unpeeled
- 2 tbsp tomato paste
- 1 tbsp sugar
- salt and pepper

1. In a large frying pan, heat the olive oil and sauté garlic and onions until soft. Add the green beans and stir well (beans will turn a deep green). Cover and continue cooking for 5 minutes.

2. Remove lid and add chopped tomatoes, cloves of unpeeled garlic, tomato paste and sugar. Season with salt and pepper. Lower heat, cover, and allow to simmer for 30 minutes until sauce thickens and beans are tender.

This recipe serves four to six. PETRINA TINSALY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PUTTING VISION ON HEALTH AGENDA

"When was the last time you had your eyes tested?" is a question CNIB president and CEO John Rafferty likes to ask people.

As chair of VISION 2020 Canada (a network of organizations focused on key issues related to vision loss), Rafferty seizes the opportunity to ensure people understand the importance of having their eyes tested.

"Few Canadians realize that vision loss can happen to anyone, at any age", says Rafferty, "but many Canadians are not aware that 75 per cent of vision loss can be prevented or treated."

According to Rafferty, the issue is more urgent than ever. Oct. 11 marks World Sight Day, which is an international day of awareness about vision health. It's used to focus attention on the global issue of avoidable blindness and visual loss.

Canada does not currently have a vision health plan and VISION 2020 Canada intends to change this by drafting a five-point plan.

"Canada needs a plan that will improve public education about eye health; one that will allow Canadians access to approved treatments, rehabilitation, provide funding for research and show continued support to international blindness prevention efforts," says Rafferty.

VISION 2020 Canada is part of VISION 2020, the global initiative for the elimination of avoidable blindness, a joint program of the World Health Organization (WHO) and the International Agency for the Prevention of Blindness (IAPB) with an international membership of NGOs, professional associations, eye care institutions and corporations.

– Sarah Pettersen, VISION 2020 Canada

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VISION QUEST FOR HOPE

Donna Green, left, at the Foundation Fighting Blindness' annual Ride for Sight fundraiser with the charity's president and CEO, Sharon Colle.

VISION QUEST PHOTO

For Donna Green, attending her first Vision Quest conference was "like Dorothy finding home."

Green was diagnosed with retinitis pigmentosa (RP) in her 20s. For the first few years she ignored it, but as her vision deteriorated she had to face the fact that she was losing her sight.

"The limits of my vision and my likely future preyed on my mind all of the time. I felt disconnected from my family and friends; no one I knew had experienced anything similar. I lived with growing isolation and fear," Green says.

Then Green heard about Vision Quest, a conference organized by the Foundation Fighting Blindness (FFB), a Canadian charity dedicated to finding the causes, treatments and cures for retinal diseases like macular degeneration and RP.

"For me, Vision Quest was like Dorothy finding home," Green says.

"I learned so much from the researchers, and for the first time there was something I could do."

And "do" she did. Green organized future Vision Quests and eventually became the first visually impaired person to serve as chair of the FFB board of directors.

"Vision Quest helped me learn about my own disease and inspired me to get involved," Green says. "It is a pattern I have seen happen over and over again. Vision Quest is a key part of the stories of most of our board members, fundraising volunteers and patient spokespeople."

Are you the next Donna Green? Attend Vision Quest Toronto on Nov. 3. Register at ffb.ca/visionquest or call 1-800-461-3331, ext. 263.

– Erin George

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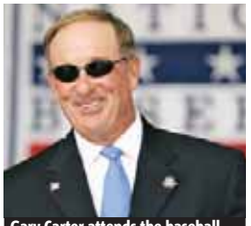
MLB. Expos great Carter to be honoured in Montreal

Montreal will name a street and a park after Gary Carter, the Hall of Fame catcher who defined the golden era of a once-beloved franchise.

Carter died in February of cancer at age 57.

On Wednesday, the city announced the details of its tribute to the player who starred with the now-defunct Expos for more than half of his career.

The street borders Jarry Park, where the Expos played for most of their first decade and where Carter made his big-league debut.



Gary Carter attends the baseball Hall of Fame induction ceremony in 2005. GETTY IMAGES

THE ASSOCIATED PRESS

Tennis

Federer flies in face of threats

Roger Federer ignored recent death threats from a Chinese blogger and won his opening match at the Shanghai Masters on Wednesday, beating qualifier Lu Yen-Hsun 6-3, 7-5 in the second round.

Federer has had heavy security surrounding him since arriving in Shanghai.

Twelfth-seeded Canadian Milos Raonic lost his second-round match to unseeded Marcos Baghdatis of Cyprus 7-6 (4), 6-7 (5), 7-6 (3). THE ASSOCIATED PRESS

NHL. Labour board deems lockout legal in Alberta

The Alberta Labour Relations Board has decided that the NHL's lockout of players from the Edmonton Oilers and Calgary Flames can continue.

The board said in a written ruling released Wednesday that forcing an end to the lockout for two members of a 30-team league would be unlikely to solve the dispute between the NHL and the players' union.

"It is our expectation this is nothing more than an unhelpful distraction from their efforts," the ruling said.

"An order declaring the lockout to be in violation of the (Alberta Labour Relations) Code would have no positive impact on this dispute."

The NHLPA had wanted the board to rule the lockout illegal in Alberta. THE CANADIAN PRESS

In New York

The NHL and the NHLPA met for five hours Wednesday but the talks did little to move the sides closer to a deal to end the lockout.

Cardinals' Carpenter builds on sterling playoff legacy

MLB. Surgically repaired ace leads St. Louis to 2-1 NLDS lead in D.C.

Chris Carpenter was every bit the post-season ace he's been in the past for the St. Louis Cardinals.

Taking the mound for only the fourth time in 2012, missing a rib after surgery to cure numbness on his right side, the 37-year-old Carpenter pitched scoreless ball into the sixth inning, rookie Pete Kozma delivered a three-run homer, and the defending champion Cardinals beat the Washington Nationals 8-0 Wednesday to take a 2-1 lead in their NL division series.

"If the baseball world doesn't know what an amazing competitor he is by now, they haven't been paying any attention," Carpenter's teammate Matt Holliday said. "Every guy on this team has watched him work his way back, watches him in between starts. He's a stud. Just a guy that you want out there."

All in all, it was quite a damper on the day for a Nationals Park-record 45,017 red-wearing, towel-twirling fans witnessing the first major league post-season game in the nation's capital in 79 years.

Three relievers finished the shutout for the Cardinals, who can end the best-of-five series in Thursday's Game 4 at Washington.

"We're not out of this, by a long shot," Nationals manager Davey Johnson said. "Shoot, I've had my back to worse walls than this."

THE ASSOCIATED PRESS

Giants-Reds

Angel Pagan led off the game with a home run, Gregor Blanco and Pablo Sandoval connected later and Tim Lincecum came out of the bullpen to help the San Francisco Giants beat the Cincinnati Reds 8-3 on Wednesday, evening their series 2-2.

Cardinals pitcher Chris Carpenter reacts after hitting a double in the fifth inning in Washington on Wednesday. Carpenter had two hits and pitched 5 2/3 innings in the St. Louis victory. ALEX BRANDON/THE ASSOCIATED PRESS

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Michael Barry climbs during a pre-season Team SKY training camp on Jan. 23 in Mallorca, Spain. On Wednesday, the USADA revealed Barry was one of 11 former teammates who testified against Lance Armstrong. BRYN LENNON/GETTY IMAGES

Ex-Armstrong teammate Barry dishes on doping

Cycling. Toronto native one of 11 cyclists to testify against former seven-time Tour de France winner

Cheating was never part of Michael Barry's cycling dream. But once on the pro circuit, the Toronto native soon found it was part of the sport's reality at its highest level.

"My first year on the (U.S. Postal Service) team I was clean but I saw what was going on around me," Barry told The Canadian Press in an interview from his home in Spain.

"I figured out my roommates were doping," said Barry, who joined the Lance Armstrong-led Postal team in 2002. "And then it started to wear on me, seeing all the drug use around me and I was suffering, I wasn't performing that well.

"And then the next season, one of the riders suggested that I might want to try using some EPO (a banned blood-boosting hormone) and testosterone.

Lance Armstrong on Aug. 25 in Aspen, Colo. GETTY IMAGES

Eventually I approached the doctors and asked them. And it was supplied to me."

The 36-year-old Barry says he stopped doping in 2006, but he has been forced to live a lie ever since.

Until Wednesday, when the U.S. Anti-Doping Agency revealed that Barry was one of 11 former teammates who had testified against Armstrong.

Barry's 16-page affidavit lifts the lid on the U.S. Postal Team doping. What starts with him finding used drug paraphernalia in a teammate's apartment eventually leads to the Canadian joining the brotherhood of doping himself.

As for Armstrong, Barry says he can't offer much.

"I can't comment on Lance because I never saw him dope and I don't know what he did," he said. "But if he is lying, I hope he comes clean. For me personally, it feels good to be honest and to not have to live a lie anymore."

But in his affidavit, Barry does say teammate David Zabriskie told him about a time that fellow Postal rider Floyd Landis "had to babysit bags of Lance Armstrong's blood while Lance was out of town to make sure the blood did not go bad."

He also says Armstrong emailed him in 2010 after both were implicated in doping allegations from Landis. Barry says Armstrong asked him if he would testify there was no systematic doping on their old team.

The USADA has banned Armstrong for life and says his seven Tour de France victories are nullified.

Barry has received the minimum six-month suspension. THE CANADIAN PRESS

Case against Armstrong

USADA outlines its evidence

The U.S. Anti-Doping Agency released a report Wednesday on its case against Lance Armstrong — a point-by-point roadmap of the lengths Armstrong went to in winning seven Tour de France titles the USADA has ordered taken away.

Over nearly 200 pages, the USADA details cheating by Armstrong's teams and names 11 former teammates as key witnesses.

The report accuses Armstrong of depending on performance-enhancing drugs to fuel his victories and "more ruthlessly, to expect and to require that his teammates" do the same.

Armstrong did not fight the USADA charges, but insists he never cheated.

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MAJOR LEAGUE BASEBALL

PLAYOFFS

All Times Eastern

DIVISION SERIES
(Best-of-5)

AMERICAN LEAGUE

N.Y. YANKEES VS. BALTIMORE

(Series tied 1-1)
Wednesday's result
Baltimore at N.Y. Yankees
Monday's result
Baltimore 3 N.Y. Yankees 2
Thursday's game
Baltimore (Saunders 3-3) at N.Y. Yankees (Hughes 16-13), 7:37 or 8:37 p.m.
Friday's game
x-Baltimore (Hammel 8-6) at N.Y. Yankees (Sabathia 15-6), 5:078 or 7:07 p.m.

DETROIT VS. OAKLAND

(Detroit leads series 2-1)
Wednesday's result
Detroit at Oakland
Tuesday's result
Oakland 2 Detroit 0
Thursday's game
Detroit (Verlander 17-8) at Oakland (Parker 13-8), 9:37 p.m.

NATIONAL LEAGUE

WASHINGTON VS. ST. LOUIS

(St. Louis leads series 2-1)
Wednesday's result
St. Louis 8 Washington 0
Monday's result
St. Louis 12 Washington 4
Thursday's game
St. Louis (Lohse 16-3) at Washington (Detwiler 10-8), 4:07 or 5:07 p.m.
Friday's game
x-St. Louis at Washington, 8:37 p.m.

CINCINNATI VS. SAN FRANCISCO

(Series tied 2-2)
Wednesday's result
San Francisco 8 Cincinnati 3
Tuesday's result
San Francisco 2 Cincinnati 1 (10 innings)
Thursday's game
San Francisco (Cain 16-5) at Cincinnati (Latos 14-4), 1:07 or 2:07 p.m.

x — played only if necessary.

NATIONAL LEAGUE

CARDINALS 8, NATIONALS 0

St. Louis	ab	r	h	bi	Washington	ab	r	h	bi
Jay cf	4	2	2	0	Werth rf	3	0	1	0
Beltran rf	4	1	2	0	Harper cf	5	0	0	0
Holliday lf	5	1	3	2	Zimmerman 3b	4	0	2	0
Robinson pr-lf	0	0	0	0	Laroche 1b	3	0	0	0
Craig 1b	3	0	1	1	Morse lf	4	0	0	0
Molina c	3	1	0	1	Desmond ss	4	0	3	0
Freese 3b	5	1	2	0	Espinosa 2b	3	0	0	0
Descalso 2b	4	1	1	1	Suzuki c	4	0	0	0
Kozma ss	5	1	1	3	Bernadina ph	1	0	0	0
Schumaker ph	1	0	0	0	Lombardozzi ph	1	0	1	0
Carpenter 3b	0	0	0	0	Tracy ph	1	0	0	0
Totals	**34**	**8**	**12**	**8**	**Totals**		**33**	**0**	**7**	**0**

St. Louis							**130**	**001**	**120**	**—8**
Washington							**000**	**000**	**000**	**—0**

E—Freese. LOB—St. Louis 9, Washington 11. DP—Washington 2. 2B—Freese 2 (3), Craig (2), Carpenter (1), Beltran (1), Desmond (1). HR—Kozma (1). S—Jay, Espinosa. SF—Descalso.

St. Louis	IP	H	R	ER	BB	SO
Carpenter W, 1-0	5 2-3	7	0	0	2	2
Rosenthal	1 1-3	0	0	0	0	1
Salas	1	0	0	0	0	1
Kelly	1	0	0	0	1	1
Washington						
Jackson L, 0-1	5	8	4	4	1	4
Stammen	1	1	1	1	0	2
Garcia	1	2	1	1	2	2
Mattheus	1	3	2	2	1	0
Storen	1	0	0	0	0	1

HBP — Molina.
Umpires — Home, Joe West; First, Jim Joyce; Second, Alfonso Marquez; Third, Ed Hickox.
T — 3:32. **A** — 45,017 (41,487) at Washington.

GIANTS 8, REDS 3

San Francisco	ab	r	h	bi	Cincinnati	ab	r	h	bi
Pagan cf	3	2	2	2	Phillips 2b	4	0	1	1
Scutaro 2b	4	1	1	1	Cozart ss	5	0	2	0
Sandoval 3b	4	1	3	3	Votto 1b	5	1	2	0
Posey 1b	4	0	0	0	Ludwick lf	4	1	1	1
Belt 1b	0	0	0	0	Bruce rf	3	0	0	0
Pence rf	4	0	1	0	Frazier 3b	3	0	0	1
Sanchez c	2	1	1	0	Navarro c	3	0	1	0
Blanco lf	4	1	1	2	Stubbs cf	4	1	1	0
Crawford ss	2	0	0	0	Cairo ph	1	0	0	0
Arias ss	3	2	2	0	Heisey ph	1	0	0	0
Totals	**30**	**8**	**11**	**8**	**Totals**		**33**	**3**	**8**	**3**

San Francisco							**120**	**020**	**300**	**—8**
Cincinnati							**101**	**001**	**000**	**—3**

E—Lincecum. LOB—Cincinnati 10, San Francisco 5. DP—Cincinnati 2. 2B—Arias 2 (2), Sandoval (2), Scutaro (1), Stubbs (1), Pagan (1). HR—Ludwick (2). Pagan (1); Sandoval (1); Blanco (1). S—Scutaro. SF—Phillips, Sandoval.

San Francisco	IP	H	R	ER	BB	SO
Zito	2 2-3	4	2	2	4	4
Kontos	2-3	2	0	0	0	1
Mijares	1-3	0	0	0	0	1
Lincecum W, 1-0	4 1-3	2	1	1	0	6
Casilla	1	1	0	0	0	1
Cincinnati						
Leake L, 0-1	4 1-3	6	5	5	2	1
Lecure	1 2-3	1	0	0	0	3
Arredondo	1-3	3	3	3	1	0
Hoover	1 2-3	0	0	0	1	1
Simon	1	1	0	0	1	1

Umpires — Home, Dan Iassogna; First, Tom Hallion; Second, Chad Fairchild; Third, Phil Cuzzi.
T — 3:35. **A** — 44,375 (42,319) at Cincinnati.

CALENDAR

Oct. 24 — World Series begins in the city of National League champion.
November TBA — Deadline for teams to make qualifying offers to their eligible former players who became free agents, fifth day after World Series.
November TBA — Deadline for free agents to accept qualifying offers, 12th day after World Series.

SOCCER

MLS

EASTERN CONFERENCE

	W	L	T	Pts	GF	GA
x-Kansas City	17	7	8	59	40	26
x-Chicago	17	10	5	56	45	39
D.C.	16	10	6	54	49	40
New York	15	9	8	53	54	46
Houston	13	8	11	50	45	38
Columbus	14	11	7	49	40	40
Montreal	12	15	5	41	45	50
Philadelphia	10	15	6	36	35	37
New England	7	17	8	29	37	44
Toronto	5	20	7	22	35	60

WESTERN CONFERENCE

	W	L	T	Pts	GF	GA
x-San Jose	19	6	7	64	69	40
x-Real Salt Lake	17	11	4	55	46	35
x-Seattle	14	7	10	52	48	31
x-Los Angeles	15	12	5	50	56	45
Vancouver	11	12	9	42	35	40
Dallas	9	12	11	38	39	42
Colorado	9	19	4	31	40	50
Portland	7	16	9	30	32	55
Chivas USA	7	17	8	29	22	54

x — clinched playoff berth.
Wednesday's result
Real Salt Lake at Seattle
Saturday's games — All Times Eastern
Montreal at Toronto, 1:30 p.m.
Kansas City at New York, 7 p.m.
Columbus at D.C., 7:30 p.m.
Chicago at New England, 7:30 p.m.
Philadelphia at Houston, 7:30 p.m.
Colorado at Chivas USA, 10:30 p.m.
Sunday's games
Portland at Vancouver, 7 p.m.
Los Angeles at San Jose, 7 p.m.
Dallas at Seattle, 9 p.m.

TRANSACTIONS

MLB

AMERICAN LEAGUE

TORONTO BLUE JAYS — Reinstated RHP Jesse Litsch from the 60-day DL, who refused outright assignment and elected to become a free agent.

NATIONAL LEAGUE

CINCINNATI REDS — Deactivated RHP Johnny Cueto. Activated RHP Mike Leake.

CFL

CALGARY STAMPEDERS — Signed DE Anwar Stewart to the practice roster.
WINNIPEG BLUE BOMBERS — Signed DB Vincent Agnew to the practice roster.

CFL

WEEK 15

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Montreal	14	8	6	0	382	405	16
Toronto	14	7	7	0	327	357	14
Hamilton	14	5	9	0	421	444	10
Winnipeg	14	4	10	0	274	428	8

WEST DIVISION

x-B.C.	14	10	4	0	365	271	20
Saskatchewan	14	8	6	0	377	290	16
Calgary	14	8	6	0	398	329	16
Edmonton	14	6	8	0	314	334	12

x — clinched playoff berth.
Monday's results
Saskatchewan 36 Toronto 10
Winnipeg 27 Montreal 22
Saturday's result
B.C. 27 Calgary 22
Friday's result
Edmonton 35 Hamilton 20

WEEK 16

Friday's game — All Times Eastern
B.C. at Hamilton, 7:30 p.m.
Saturday's games
Calgary at Winnipeg, 1 p.m.
Saskatchewan at Edmonton, 4 p.m.
Sunday's game — Montreal at Toronto, 1 p.m.

CIS FOOTBALL

WEEK SEVEN

Friday's games — All Times Eastern
Manitoba at Saskatchewan, 9 p.m.
Calgary at Alberta, 9 p.m.
Saturday's games
St. Francis Xavier at Acadia, 1 p.m.
Saint Mary's at Mount Allison, 1 p.m.
Bishop's at Sherbrooke, 1 p.m.
Laval at Montreal, 1 p.m.
Wilfrid Laurier at Western Ontario, 1 p.m.
Queen's at Guelph, 1 p.m.
York at Toronto, 1 p.m.
Waterloo at Ottawa, 1 p.m.
Windsor at McMaster, 1 p.m.
Regina at British Columbia, 5 p.m.
Concordia at McGill, 7 p.m.

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
New England	3	2	0	.600	165	113
N.Y. Jets	2	3	0	.400	98	132
Miami	2	3	0	.400	103	103
Buffalo	2	3	0	.400	118	176

SOUTH

	W	L	T	Pct	PF	PA
Houston	5	0	0	1.000	149	73
Indianapolis	2	2	0	.500	91	110
Jacksonville	1	4	0	.200	65	138
Tennessee	1	4	0	.200	88	181

NORTH

	W	L	T	Pct	PF	PA
Baltimore	4	1	0	.800	130	89
Cincinnati	3	2	0	.600	125	129
Pittsburgh	2	2	0	.500	93	89
Cleveland	0	5	0	.000	100	139

WEST

	W	L	T	Pct	PF	PA
San Diego	3	2	0	.600	124	102
Denver	2	3	0	.400	135	114
Oakland	1	3	0	.250	67	125
Kansas City	1	4	0	.200	94	145

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Philadelphia	3	2	0	.600	80	99
N.Y. Giants	3	2	0	.600	152	111
Dallas	2	2	0	.500	65	88
Washington	2	3	0	.400	140	147

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	5	0	0	1.000	148	93
Tampa Bay	1	3	0	.250	82	91
Carolina	1	4	0	.200	92	125
New Orleans	1	4	0	.200	141	154

NORTH

	W	L	T	Pct	PF	PA
Minnesota	4	1	0	.800	120	79
Chicago	4	1	0	.800	149	71
Green Bay	2	3	0	.400	112	111
Detroit	1	3	0	.250	100	114

WEST

	W	L	T	Pct	PF	PA
Arizona	4	1	0	.800	94	78
San Francisco	4	1	0	.800	149	68
St. Louis	3	2	0	.600	96	94
Seattle	3	2	0	.600	86	70

WEEK FIVE

Monday's result
Houston 23 N.Y. Jets 17
Sunday's results
Pittsburgh 16 Philadelphia 14
Indianapolis 30 Green Bay 27
N.Y. Giants 41 Cleveland 27
Miami 17 Cincinnati 13
Baltimore 9 Kansas City 6
Atlanta 24 Washington 17
Chicago 41 Jacksonville 3
Seattle 16 Carolina 12
Minnesota 30 Tennessee 7
San Francisco 45 Buffalo 3
New England 31 Denver 21
New Orleans 31 San Diego 24
Thursday, Oct. 4
St. Louis 17 Arizona 3

WEEK SIX

Thursday's game — All Times Eastern
Pittsburgh at Tennessee, 8:20 p.m.
Sunday's games
St. Louis at Miami, 1 p.m.
Dallas at Baltimore, 1 p.m.
Oakland at Atlanta, 1 p.m.
Kansas City at Tampa Bay, 1 p.m.
Indianapolis at N.Y. Jets, 1 p.m.
Detroit at Philadelphia, 1 p.m.
Cincinnati at Cleveland, 1 p.m.
New England at Seattle, 4:05 p.m.
Buffalo at Arizona, 4:05 p.m.
Minnesota at Washington, 4:25 p.m.
N.Y. Giants at San Francisco, 4:25 p.m.
Green Bay at Houston, 8:20 p.m.
Monday, Oct. 15
Denver at San Diego, 8:30 p.m.

TENNIS

ATP SHANGHAI ROLEX MASTERS

At Shanghai, China
Yesterday's results
Singles — Second Round
Roger Federer (1), Switzerland, def. Yen-hsun Lu, Taiwan, 6-3, 7-5.
Novak Djokovic (2), Serbia, def. Grigor Dimitrov, Bulgaria, 6-3, 6-2.
Andy Murray (3), Britain, def. Florian Mayer, Germany (walkover).
Tomas Berdych (4), Czech Republic, def. Andreas Seppi, Italy, 6-3, 6-3.
Jo-Wilfried Tsonga (5), France, def. Benoit Paire, France, 7-6 (7), 7-5.
Janko Tipsarevic (6), Serbia, def. Viktor Troicki, Serbia, 6-2, 7-6 (3).
Radek Stepanek, Czech Republic, def. Richard Gasquet (11), France, 6-4, 6-4.
Marcos Baghdatis, Cyprus, def. **Milos Raonic (12), Thornhill, Ont.**, 7-6 (4), 6-7 (5), 7-6 (3).
Stanislas Wawrinka (13), Switzerland, def. Denis Istomin, Uzbekistan, 6-4, 4-6, 6-4.
Sam Querrey, U.S., def. Kei Nishikori (14), Japan, 2-6, 6-1, 6-4.
Alexandr Dolgopolov, Ukraine, def. Gilles Simon (15), France, 6-3, 6-4.
Feliciano Lopez, Spain, def. Philipp Kohlschreiber (16), Germany, 6-3, 6-4.
Tommy Haas, Germany, def. Tommy Robredo, Spain, 6-3, 6-3.
Doubles — First Round
Marin Cilic, Croatia, and Marcelo Melo, Brazil, def. Carlos Berlocq, Argentina, and Andreas Seppi, Italy, 6-3, 3-6, 10-4.
Colin Fleming and Ross Hutchins, Britain, def. Fabio Fognini, Italy, and Martin Klizan, Slovakia, 5-7, 6-4, 10-5.
Jurgen Melzer, Austria, and **Milos Raonic, Thornhill, Ont.**, def. Chang Yu and Li Zhe, China, 6-1, 6-4.
Pablo Andujar and Feliciano Lopez, Spain, def. David Marrero and Fernando Verdasco, Spain, 6-3, 6-4.
Second Round
Eric Butorac, U.S., and Philipp Petzschner, Germany, def. Bob and Mike Bryan (1), U.S., 6-4, 3-6, 10-6.

WTA GENERALI LADIES LINZ

At Linz, Austria
Singles — First Round
Victoria Azarenka (1), Belarus, def. Arantxa Rus, Netherlands, 6-0, 6-2.
Ana Ivanovic (2), Serbia, def. Monica Niculescu, Romania, 7-5, 6-3.
Patricia Mayr-Achleitner, Austria, def. Sabine Lisicki (8), Germany, 6-1, 6-3.
Second Round
Julia Goerges (5), Germany, def. Romina Oprandi, Switzerland, 6-3, 6-3.
Sofia Arvidsson, Sweden, def. Lucie Hradecka, Czech Republic, 6-4, 7-6 (4).
Doubles — Quarter-finals
Daniela Hantuchova, Slovakia, and Petra Martic, Croatia, def. Vera Dushevina, Russia, and Alicja Rosolska (4), Poland, 5-7, 6-1, 10-6.
Maria Elena Camerin, Italy, and Simona Halep, Romania, def. Mervana Jugic-Salkic, Bosnia-Herzegovina, and Sandra Klemenschits, Austria, 6-0, 4-6, 10-7.

WTA HP JAPAN OPEN

At Osaka, Japan
Singles — First Round
Victoria Azarenka (1), Belarus, def. Arantxa Rus, Netherlands, 6-0, 6-2.
Ana Ivanovic (2), Serbia, def. Monica Niculescu, Romania, 7-5, 6-3.
Patricia Mayr-Achleitner, Austria, def. Sabine Lisicki (8), Germany, 6-1, 6-3.
Second Round
Julia Goerges (5), Germany, def. Romina Oprandi, Switzerland, 6-3, 6-3.
Sofia Arvidsson, Sweden, def. Lucie Hradecka, Czech Republic, 6-4, 7-6 (4).

NBA

PRE-SEASON

Wednesday's results
Toronto at Detroit
Atlanta at San Antonio
Phoenix at Sacramento
At Hidalgo, Texas
Oklahoma City vs. Houston
At Fargo, N.D.
Indiana vs. Minnesota
At Ontario, Calif.
Portland vs. L.A. Lakers
Tuesday's results
Chicago 92 Memphis 88
New Orleans 97 Charlotte 82
At Barcelona, Spain
FC Barcelona Regal 99 Dallas 85
At Canton, Ohio
Milwaukee 97 Cleveland 80
Thursday's games — All Times Eastern
Miami vs. L.A. Clippers (at Beijing), 7:30 a.m.
New York at Washington, 7 p.m.
Philadelphia at Orlando, 7 p.m.
New Orleans vs. Charlotte (at North Charleston, S.C.), 7:30 p.m.
Maccabi Haifa (Israel) at Golden State, 10:30 p.m.

Horoscopes

♈ Aries
March 21 - April 20
The only thing that can hold you back is a negative attitude to life. No matter how tough things may be, or you think they may be, make sure you look on the bright side — and your day will be brighter too.

♉ Taurus
April 21 - May 21
Promise yourself now that no matter how much certain people may annoy you, it is not going to change what you do. Also, don't lose your temper. If you do, it means they will see it as a victory.

♊ Gemini
May 22 - June 21
Don't be too eager to change things today because the planets indicate you will just have to change them back again later. On the work front, especially, you are advised to sit tight and not rock the boat — yet.

♋ Cancer
June 22 - July 23
Something is worrying you to the extent that you can't get it out of your head. You of all people should know it's not healthy to dwell on negative thoughts, so focus your mind on something more uplifting.

♌ Leo
July 24 - Aug. 23
Watch what you spend today: Cash will slip through your fingers so easily. Neptune in the wealth area of your chart brings lessons about the true value of money and possessions . They don't have to be hard lessons.

♍ Virgo
Aug. 24 - Sept. 23
There is a danger that your imagination will get the better of you and before you know it, you will be off in la-la land with all the other fantasists. You don't want that. Keep your head out of the clouds.

♎ Libra
Sept. 24 - Oct. 23
Others are going to misunderstand you today, willfully or otherwise, so it probably does not matter what you say or do. Everyone has an opinion but that does not mean you have to listen to them all.

♏ Scorpio
Oct. 24 - Nov. 22
Saturn in your sign is linked to Neptune, planet of generosity, so make sure that what you give, either as a gift to a friend or as charity to a stranger, is put to good use. Don't just give and forget.

♐ Sagittarius
Nov. 23 - Dec. 21
You seem to have got it into your head that you owe other people more than they owe you. That's highly unlikely to be true. The fact is you owe nothing to anyone — except, of course, to yourself.

♑ Capricorn
Dec. 22 - Jan. 20
Are you seeing things as they really are or is your mind painting pictures that are designed to make you feel good? Your task today is to recognize life for what it is, not what you wish it might be.

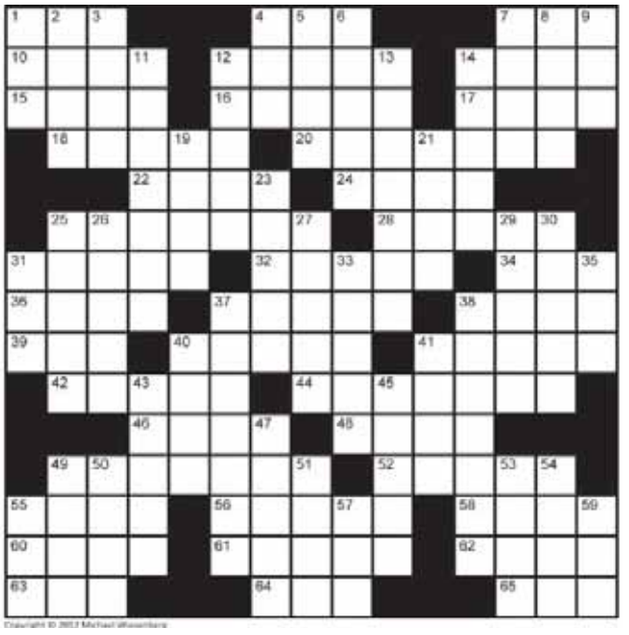
♒ Aquarius
Jan. 21 - Feb. 19
It's not easy seeing things form another person's point of view, especially when your own outlook is somewhat rigid, but you must make the effort today. If you do, what you see will both delight and enrich you.

♓ Pisces
Feb. 20 - March 20
Do not give up on a project that seems to have ground to a halt. Maybe it has, but the planets say is only a temporary delay and one that may even benefit you in the long term.

SALLY BROMPTON

Fun Stuff

BY MICHAEL WIESENBERG



Across
1. Halloween's month: abbr.
4. The ___: Canada's largest department store, familiarly
7. Whirlpool site
10. Excite, as an appetite
12. "Dear Sir or ___"
14. Blacken in a pan
15. Biblical ark builder
16. BC neighbour to the south
17. Need
18. Activate, as an elevator button
20. 8 miles from Lake Louise, this lake has the same blue-green color and is named from the rockpile at one end
22. Wowed
24. Rowboat equipment
25. Canada's most populous province
28. Post-___ drip: cold symptom
31. Morning ___: climbing flower
32. 4th month
34. "Are we having ___ yet?"
36. *Garfield* comic strip dog
37. Puts money into a poker pot before cards are dealt
38. Mexican restaurant fare
39. ___ Moines, Iowa
40. Easy to see or understand
41. Tiny bits, from a Greek letter
42. Detox center
44. Midpoints
46. Mined materials
48. Boozehound
49. Stuck (to)
52. Apartment owned by a resident
55. Biblical Jacob's brother
56. It's often stranger than fiction
58. Distinctive flavour
60. Business group
61. Holding a higher position than
62. Heavy-metal vocalist Osbourne
63. Beach pursuit
64. Air leak sound
65. End-of-summer mo.

Down
1. Possess
2. Cut with an ax
3. Rip, as paper
4. Evil
5. Comic Sandler
6. Google competitor
7. Bond portrayer Connery
8. Window unit
9. Statues and paintings, e.g.
11. IMAX ___
12. Ebenezer Scrooge, for one
13. Toronto-born Rick of *Honey, I Shrunk the Kids*
14. Cheese with holes
19. Bend with the breeze
21. Shrinking Asian inland sea
23. Mother of William and Harry
25. More aged
26. Racket
27. Eye related
29. "___ worse than death" (2 wds.)
30. *Star Wars* creator George
31. Deity
33. Sign up for more magazine issues
35. 1, 2, 3, etc.: abbr.
37. Canada's fourth-largest province
38. Biggest city in 25-Across
40. Peel, as an apple
41. Pay ___ mind: disregard (2 wds.)
43. [Yawn]: (2 wds.)
45. Specialized market
47. Belgrade citizens
49. Where to find Siberia
50. "Heck"
51. Batman and Robin and Abbott and Costello
53. Haagen-___ ice cream
54. Entre dix et douze
55. Lizard often found in crossword puzzles
57. Boob tubes
59. Cheat

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

2	8				6	5		
7			3	9				4
					7	6		
		7		8				3
	4						6	
8				1		7		
		2	4					
4				7	5			1
		3	2				5	8

Yesterday's Sudoku

3	4	6	7	5	8	2	1	9
2	1	8	4	9	3	7	6	5
7	5	9	2	6	1	3	8	4
9	7	1	6	3	5	8	4	2
8	3	4	9	7	2	1	5	6
6	2	5	8	1	4	9	7	3
5	8	7	3	2	6	4	9	1
1	9	3	5	4	7	6	2	8
4	6	2	1	8	9	5	3	7

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